my DOCTOR

The Complete Family Health Magazine

August 1994

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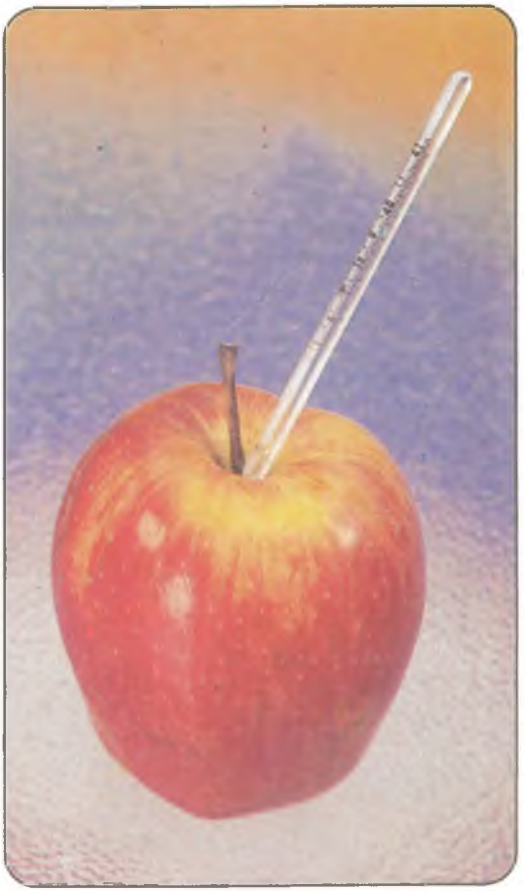
Vitamin D for Strong Bones

Medicinal Virtues of Onion

Time, Place and Dress in Yoga

Heart - Care Series



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The Complete Family Health Magazine

Volume 2 No. 3 August 1994

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This magazine is not intended to make you a doctor. The information provided is meant to add to your general knowledge of medicines. This knowledge can be applied with the help of your family doctor.

Since a lay person is not aware of generic names of drugs, brand names of some popular drugs have been used in this publication. It is not our intention to promote any particular product or manufacturer. We do not claim responsibility for the efficacy of any of the products mentioned in this publication.

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Editorial

Quench Your Thirst

- The monsoon has begun well this year. Our readers will recall that we started publishing at just about the same time last year. And just as the land thirsts for a good monsoon, so as to give us fine crops and plenty of water, so our readers wait for us to quench their thirst for knowledge. So far, we have been able to satisfy you, and we hope to continue doing so for a long time to come.

- This year we plan to give you ever more information on different issues related to health. And our usual serials continue, with a promise that practical and interesting points will be highlighted.

- For your queries to Mail Box, please type your letters or hand write them neatly, since this will make our work easier. Happy Reading!

Dr. Madan Kataria

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Response

Service to Society

Firstly, I congratulate you on completion of one year of your magazine. I also convey my regards to all members of your organisation for their direct and indirect service to society in bringing out this magazine. I wish it every success.

My Doctor is very useful for students and people of all ages. However, the price rise to Rs 20 has placed a financial burden on your readers.

T. Parida,
Behrampur

Milestones

My daughter is suffering from delayed milestones. Kindly publish an article on Delayed Milestones in My Doctor.

R. Somasekaran,
Bombay

Hernia Problem

I had suffered from hernia a few years ago. I would appreciate if you publish a detailed article on this problem.

S Ahmed,
Madras

Make available on medical shops

Your magazine is becoming more popular day by day. I wish to see it available on each and every news-stand. How about selling it through medical shops also?

B.V. Subba Rao,
Hyderabad

I am a Portuguese and working in Bahrain. Recently I visited a friend and was lucky to come across the most wonderful magazine. I have gone through the last two issues and liked them very much.

Domvio V'egas, Bahrain

Ajinomoto

I read with deep interest your article on Chinese food by Binita Desai of your June issue. On Monosodium Glutamate (MSG) or *ajinomoto* may I also add that in the recent FAO/WHO study on MSG it has been proved that there is no evidence of its carcinogenic nor teratogenic properties and it is therefore safe for human consumption as a food additive.

Needless to say, the maximum flavouring level is very

small ("a pinch" or a few milligrams in a pot!) which may perhaps explain the very low dosage of MSG required during Oriental cooking.

As regards the low level of cancer cases among the Chinese population there are other nutritional factors of the Chinese diet which should also be statistically considered, such as the very high preponderance of garlic consumption, liberal usage of soya beans, low consumption of red meat and the practice of resorting to preventive herbal medicine among the Chinese. All these factors are effective anti-carcinogens.

Keep up the good informative work!

Dr B. Munip, New Delhi

All the Best

I read many health magazines and periodicals regularly. I have gone through your esteemed "My Doctor" June 1994 issue. Surely, it is the best complete monthly heath magazine - rather a health guide book for crores of Indians. I wish your magazine all the best.

Amit Gupta, Shillong

Aerobic Exercise

My Doctor has won the hearts of many – from laymen to highly educated people. Dr Ali Irani's article on exercise and fitness was excellent. Kindly give some more articles on aerobic exercise.

H. Sahu, Orissa

Psychosis

I have read articles on depression in other magazines but they have failed to throw much light. Can you publish an article on Manic Depressive Psychosis and its cure.

Anup Attavar, Pune

Million Thanks

A million thanks to you for your 'Share the Secret' - Money wasted on X-rays, July 1994, as many are not aware of this and are being taken for a ride, time and again. You have been doing yeoman service by giving us several useful home remedies issue after issue. Keep up the good work and hold the price line for at least one more year.

Enjeti J. Mitra, Hyderabad

Informative

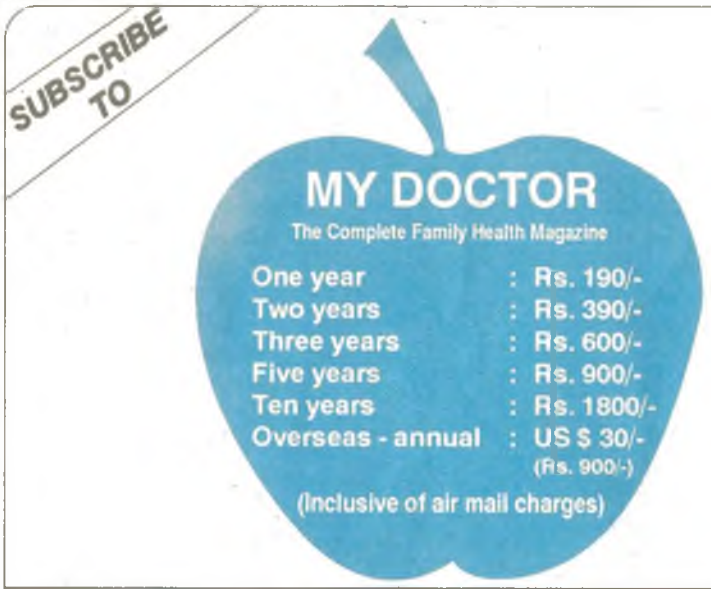
I found the article on 'Low Blood Pressure' (July 94) to be an intensively informative one. The most surprising part, of course, was the revelation that people with low B.P., live longer than those with high B.P. because one finds people going into bouts of depression on hearing that they have this 'malady'. Besides this, the vital facts about vitamin A, 'Small things' about the (ab)use of multivitamin pills, and the drug diary on the commonest medicine, especially in this rainy season, chloroquine, were equally informative.

Amit Loiwal, Baroda.

Leucoderma Cure

The article on white patches (July 94) was extremely educative. We were unaware of the new surgical methods until we read it. It will definitely be a boon to hundreds of patients who have suffered from this disease. Unfortunately, you have not mentioned the expenses involved in these procedures.

S. Shankar, Trichy.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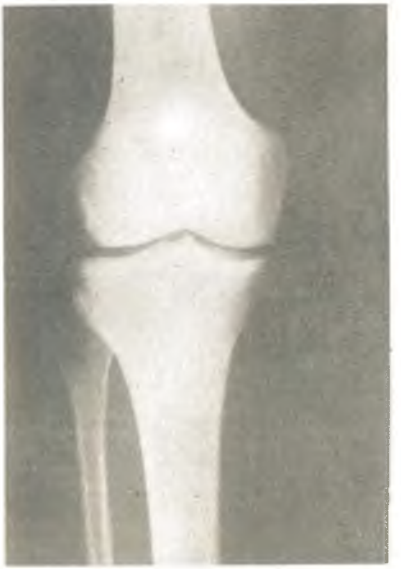
Vitamin D for Strong Bones

Dr. Madan Kataria



Everyone knows that calcium is the most important mineral for keeping your bones healthy and strong. But there is one vitamin without whose help the calcium from your food cannot reach the bones, and that is vitamin D. Vitamin D is equally important in maintaining the integrity of bones.

Action on the body

- Vitamin D (together with parathyroid hormone) helps regulate the balance of calcium and phosphate in the body. It aids the absorption of calcium from the intestinal tract and is essential for strong bones and teeth. After absorption, calcium is distributed all over the body including liver and bones, where it is required the most.

Dietary and other natural sources

- Fortified milk is the best dietary source of vitamin D. Oily fish (sardines, berring, salmon and tuna), liver, milk, dairy products and egg yolks are a good source of this vitamin.
- It is manufactured in our body. Sun rays does not contain Vitamin D. However the ultraviolet rays, help in the manufacture of Vitamin D in our skin.
- A type of cholesterol in our body (7 dehydrocholesterol) is the raw material in our body for the production of Vitamin D. With exposure to sunlight or certain light sources the ultraviolet rays enter the upper layer of our skin and cause a variety of photo bio-chemical reactions and thus Vitamin D is formed.
- The yogic method of "Surya Namaskar" every day can be a good source of vitamin D. As

Milk is a good source of calcium and vitamin D. Therefore people above the age of 50 must drink 2 glasses of milk daily in addition to milk products like cheese and curds. This will go a long way in making their bones strong and avoid fractures. Do not be under the impression that only growing children require vitamin D.

it is to be done in the morning, the harmful effect of ultraviolet rays is minimal.

Normal daily requirement

- Requirements of this vitamin are met by a daily intake of 10 microgram. Women who are pregnant or breast feeding may need additional amounts.

When supplements are helpful

- Vitamin D requirements are small and usually adequately met by dietary sources and normal exposure to sunlight.
- However, a poor diet and inadequate sunlight may lead to deficiency; dark-skinned people (particularly those living in smoggy urban areas) and night-shift workers are more at risk.
- Children and individuals with poor nutrition and living in dark houses are likely to suffer from vitamin D deficiency. And women who follow the pardah system, and are not exposed to the sun, may suffer from deficiency of vitamin D.
- In areas of moderate sunshine, supplements may be given to infants. Premature infants, strict vegetarians and the elderly may benefit from supplements.
- Supplements are usually necessary on medical advice to prevent and treat vitamin D deficiency-related bone disor-

Vitamin D in food		
Food	**Quantity**	**Vitamin D (Micro grams)**
Egg	1 (50-60 gm)	1
Butter	10 gms (2 tsp)	0.1
Vanaspati	10 gm (2 tsp)	0.8
Milk	1 glass (200 ml)	0.04
Cheese	25 gm	0.6
Cod Liver Oil	3 ml	7

ders, for conditions in which absorption from the intestine is impaired, deficiency due to liver disease, certain kidney disorders, prolonged use of certain drugs and genetic defects. It is also used in treatment of hypo-parathyroidism.

Vitamin D deficiency in elderly

- There are many factors in elderly people which lead to vitamin D deficiency and hence brittle bones. This is the reason they are more prone to fractures. The most common fracture is that of the neck of the femur near the hip joint.

- This fracture can cause considerable misery to the old, and the family members looking after them. It takes a long time to heal and may require an operation and fixing of nails and rods to stabilize the bones.

- The reasons for vitamin D deficiency in elderly people are many. Firstly, they spend more time indoor and exposure to sunlight is less. Secondly, with ageing, the

skin becomes thin (atrophy). Thus it is less efficient to manufacture vitamin D.

- Thirdly, the metabolism of vitamin D may become slow. Thus it becomes difficult to convert vitamin D into the active form. Lastly, vitamin D may become less in diet as old people may eat less due to loss of appetite.

- Those who are vegetarians and do not even drink milk are prone to vitamin D deficiency.

Prevents Colon Cancer

- According to some studies, cancer of the colon (large intestine) is more common in colder regions where sun exposure is very low and hence vitamin D is not produced in sufficient quantities.

- Another study was conducted and it was observed that in a group of people who had a sufficient quantity of vitamin D and calcium, there was only one third risk of developing cancer of the colon.

- Blood cancer (leukemia) is a common cancer in Japan.

Scientists are exploring the capabilities of vitamin D in slowing down the growth of leukemia cells. If it can limit these cells, it may also have applications for controlling other types of cancer cells.

Kidney Patients

- Those with kidney failure and on dialysis may require extra vitamin D therapy. Also malfunctioning of the thyroid gland cause deficiency of this vitamin.

Menopausal woman

- Due to lack of estrogen after Menopause, the calcium in the bones is reduced. This condi-

tion is known as oesteoporosis. They also need extra supplementation of vitamin D.

- Normally an adult needs 100 international units of vitamin D. But menopausal women may need upto 400 units daily to prevent bone loss.

Blocking sunrays

- Covering your body heavily with clothes also blocks the production of natural vitamin D in the skin. Too much of sunscreen lotions can also affect the synthesis of vitamin D.

Medicines

- Long term use of certain medicines like anticonvulsants (used in epilepsy) can also cause vitamin D deficiency. You need extra supplements of vitamin D if you are on long term use of antiepileptic drugs.

Symptoms of deficiency

- Long-term deficiency leads to low blood levels of calcium, which results in softening of the bones. **In children, this causes abnormal bone development (rickets) and in adults, osteomalacia, causes backache, muscle weakness, bone pain and fractures.**

A wide range of baby foods including cereals and powders are fortified with vitamin D. Therefore mothers must calculate the amount of fortified vitamin D given to the baby, by checking the label. Excess of this vitamin is likely to occur in babies who are taking these milk formulas.

Symptoms and risks of excessive intake

- Doses of over 400 IU of vitamin D daily are not beneficial in most people and may increase the risk of ad-

verse effects such as **weakness, unusual thirst, increased urination, gastro-intestinal disturbances and depression.**

- Prolonged, excessive use disrupts the balance of calcium and phosphate in the body and may lead to **abnormal calcium deposits in the soft tissues and blood vessel walls.**

When you put a couple of photographs in an envelope and mail it, there is a chance that the photographs may get stuck to each other and tear while being separated. Therefore, before putting the photographs in a envelope, apply a little talcum powder on each snap. This will prevent them from sticking to each other.

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Small Things ...

Iron Injections: Be Careful

- *Low Haemoglobin (Anemia) is very common, especially in women. Normally iron tablets, capsules or syrups are given as treatment. But when a patient is not able to take iron by mouth, and a person gets pain and diarrhoea after taking iron capsules, or when the haemoglobin is very low injections are required.*
- *If a person can tolerate oral capsules, you should avoid taking iron injections, because serious reaction is known to occur in some individuals. Rarely, it can be so severe that it can cause death. Therefore, iron injections, if at all necessary, should be tested just like penicillin and should be taken at a clinic or hospital where emergency facilities are available.*

... Big Difference

Drug Diary

Erythromycin

Erythromycin is one of the most commonly used antibiotics for upper **respiratory tract infection** and **tonsillitis.** For most people it is synonymous with sore throat.

Erythromycin is one of the **safest** antibiotics and serious adverse reactions are very rare. In fact it is the antibiotic of

choice in a patient who has allergy to drugs. Erythromycin acts by interfering with the growth of invading bacteria and prevents the reproduction of bacteria. This helps the normal body defence mechanisms destroy the bacteria.

Uses:

1. Erythromycin is primarily used for infection of nose, throat, tonsils, ears and sinuses.

2. It is also used in **pneumonia.**

3. Skin diseases like boils are easily cured by erythromycin.

4. **Sexually transmitted diseases** like **syphilis chancroid and urethritis** can be treated with erythromycin. Patients of syphilis who are allergic to **penicillin** injections are treated successfully with erythromycin.

5. Erythromycin ointment is used in newborns for treatment of **gonococcal infection of the eye.** It is also useful in the treatment of **pimples.**

Dosage: It is available both in tablet and syrup form. For adults the dose is **250-500 mgs** given 3 to 4 times in a day.

In the case of children the dose of the syrup is calculated according to the body weight.

Important: Just like other antibiotics, erythromycin should be taken for a full course of **5 days** to prevent resistance.

Side Effects: The most common ones are: **nausea, vomiting** and stomach upsets. Erythromycin taken along with **theophylline** and **aminophylline** by asthmatics causes reduced clearance of these drugs from the liver. Therefore, the dose of anti-asthma drugs need to be reduced during erythromycin therapy.

Itching of the vagina and genital region may occasionally occur.

The **estolate variety of erythromycin** may sometimes cause **liver damage.** If you notice pale stools, dark coloured urine, stomach pain and unusual weakness, discontinue the course and get the liver functions tested.

Safety in pregnancy

Erythromycin is one of the safest of all antibiotics. It can be taken even during pregnancy and breast feeding.

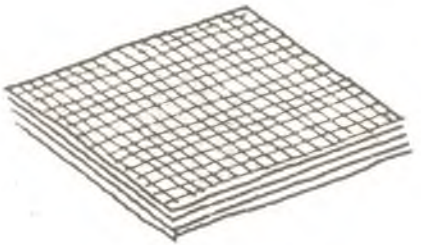
Dressing and Bandages

Dressings and bandages are supposed to protect the wounds and burns from infection and outside injuries. Both the dressing and bandage are important parts of first aid, but the real significance is not very clear to a layman.

What is a Dressing?

- Dressing is a portion of a small piece of bandage (gauze piece) which is directly applied on the wound alongwith antiseptic and antibiotic cream or lotion.
- Since the dressing is applied directly on the wound, it should be sterilized. Mostly dressings available in the market are packed and sterilized.
- The packet should be broken just before application and while putting the dressing on the wound, always hold the dressing at the corners.

- Do not touch the parts of the dressing which will come in contact with the wound.



- Cotton gauze is the best material for the dressing, but in case of non- availability, a washed handkerchief can be applied directly on the wound as a dressing.

Important: Many a time a piece of absorbent cotton is directly applied on the wound as a dressing, which is wrong. In fact cotton gets stuck to the wound and while removing it you have to tear apart the whole wound in which the healing has already taken place.

- Therefore the healing gets delayed. Ideally a piece of gauze lubricated with antibiotic ointment should be put as a dressing which does not get adhered to the wound.
- If the dressing gets soaked with blood and fluid from the wound, put another on the original dressing and bandage it.

What is a bandage?

- Bandages are used to hold the dressing on the wound and to hold splints in place. Also bandages are applied to put pressure on bleeding wounds. They support muscles and injured tissues by immobilizing them.
- Usually bandages are made of muslin or cotton gauze material, available in the market, but in an emergency when they are not available usual handkerchiefs, scarves and a piece of bedsheet are

improvised to make bandages at home.

- Use the cleanest of the fabric available in the house. Don't use old, worn out and dirty cloth as bandage as it can cause infection in the wound.

Important: The bandage should not be applied too tightly, because some swelling follows an injury. If the bandage is already tight, it will become still tighter with the swelling. This can interfere with the blood supply and damage the surrounding tissues.

- Another important point to be kept in mind is while bandaging hands and feet, the tips of the fingers and toes should never be covered, because colour changes in the toes and fingers will give us an idea about the blood circulation of injured part.

- If the colour of the fingers turn bluish that indicates the obstruction of the blood flow. In that case, a doctor should be consulted immediately.

- If there is numbness and tingling sensation in the bandaged part that indicates that the bandage is too tight. Loosen it at once.

- On the other hand if the bandage is too loose, it may slip off and cause infection. Do not apply any wet bandage except in cases of burns and open abdominal wounds.

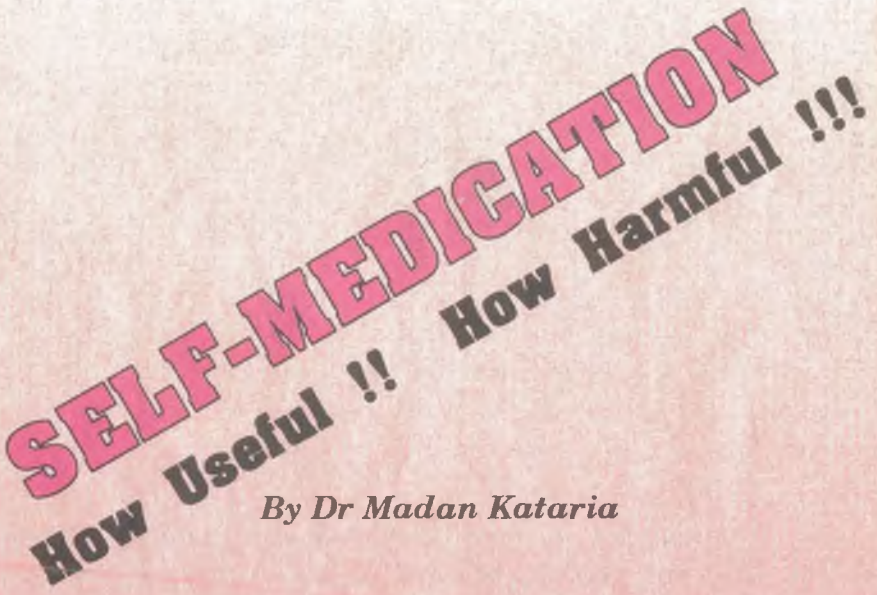
Small Things ...

Vomiting After All Medicines

- *Vomiting is a common symptom in many ailments. Either it is a part of illness or it could be due to the medicines.*
- *If vomiting occurs within 5-10 minutes or immediately after taking medicines, it indicates that they have not been absorbed and gone into the blood. Therefore, there will be no therapeutic effect of medicine. In that case you need to repeat the dose after a little while.*
- *Make the patient eat something and then give tablets or capsules. But if a patient vomits after half an hour, you do not have to repeat the dose immediately. The next dose should be taken as per schedule. If vomiting persists, consult your doctor to change or readjust the medicine.*

... Big Difference

Family Health Guide



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Since this book has become very popular as a gift item a discount of 20% will be given on the purchase of more than 10 copies.

Why Read This Book?

This book will give you basic knowledge about frequently used allopathic medicines for common ailments and also would enlighten you about misconcepts and common mistakes made while doing self medication.

One has to do self medication for minor ailments at odd hours when no doctor is available. We can go wrong while taking allopathic medicinces without adequate knowledge about the safety margin.Where One has to draw a line and know the limits of self medication.

25% to 30% people may make errors in self administration of drugs. Misunderstanding the dosages, forgetfulness and poor memory in old age can result in toxic and adverse effects. This book will describe in detail how to take medicines; how to remember your dose; how to store medicines.

No drug is completely free from side effects. A little knowledge is necessary about very commonly used medicines in day to day life. This will prevent unnecessary anxiety and discomfort. You will read in this book about common side effects and adverse effects of most commonly used allopathic medicines.

There are some non-drug natural treatment available, which are superior to the use of drugs. This book will describe in detail various home remedies and natural ways of healing. If you get a problem in the middle of the night how you can use various things to get symptomatic relief.

Think ten times before doing self medication in following five so called "High Risk Groups". Children and infants, Pregnant ladies, Breast feeding mothers, Old people, Kidney and liver damage. This book will describe in detail about all these high risk groups.

Other highlights:

- Useful medication for daily use ?
- How to buy over-the-counter medicines ?
- Self medication of vitamins and tonics ?

MEMORY PEARLS

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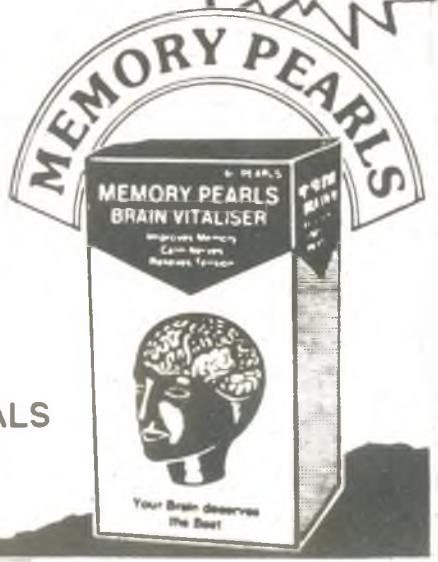

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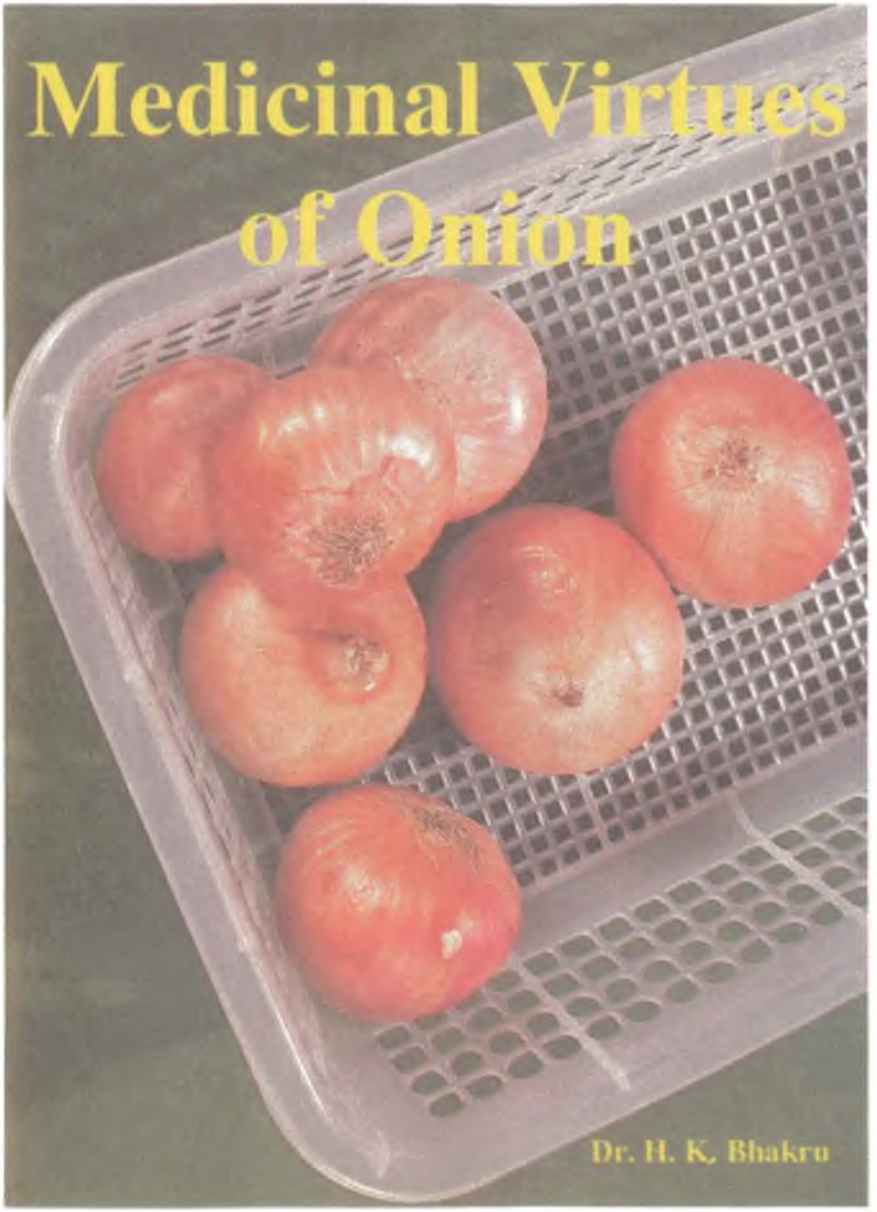
- "What about diet?" Everyone asks this question after taking a prescription from the doctor. It is thus evident that most of us are aware of the role of diet in curing illnesses.

- Wrong diet can make you sick and the right diet can hasten recovery. In Food Scan, we will enlighten you on how different food items can help you to maintain good health.

Food Scan

Medicinal Virtues of Onion



Dr. H. K. Bhakru

The onion (pyaaz) is a food of exceptional value for flavouring and seasoning. Bulbs are antidiabetic, bacteriostatic, antibiotic and an intestinal disinfectant. They are also useful in scurvy, and for stimulating the kidneys to produce more urine (diuretic). Onion has also been found to be effective in preventing gastrointestinal cancers.

- The onion produces a strong odour when crushed. It has a superficial root system, a very short flattened stem at the base of the plant which increases in diameter as growth continues.

- Leaves are long, linear and hollow. A bulb is formed by thickening of the leaf base when the plant reaches a certain stage of growth. The fruit is a globular capsule.

- The botanical name of onion is Allium cepa. It is believed to have originated in Central Asia, possibly in the Iran-Pakistan region. It has been cultivated since ancient times in the Middle East and India. It was a popular food in ancient Egypt, where it is depicted on tombs as early as 3200 B.C. It was eaten by the builders of the pyramids and was used in religious and funerary offerings. It has been found in mummies.

- The Sanskrit word for onion is palandu which has been mentioned in the Garuda Purana. The most important onion-growing states in India are Maharashtra, Tamilnadu, Andhra Pradesh, Bihar and Punjab.

Food Value

- Onion, derived from the Latin Onio and French Oignon, has been described by someone as

the dynamite of natural foods. Compared with other fresh vegetables, it is relatively high in food value, moderate in protein content and is rich in calcium and riboflavin. There is considerable variation in composition between different varieties and it also varies with the stage of maturity and the length of storage.

- The odour in onion is due to organic sulphur compounds and is produced only when the tissues are cut or injured by enzyme action on a water soluble amino acid. Heat or freeze drying prevents the enzyme action, so that cooking produces a different odour, flavour and pungency. The pungent flavour of onions is much appreciated by many people in many countries.

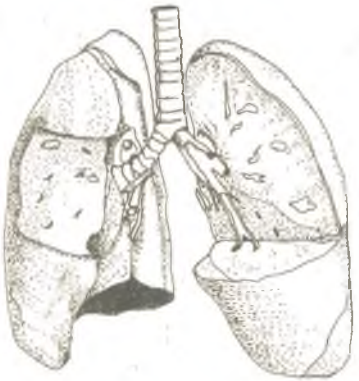
Medicinal Virtues

- Onion is highly valued for its therapeutic properties. It has been used as a herbal remedy from time immemorial. The physicians of ancient Egypt prescribed onions in various diseases. It is a stimulant and a mild counter irritant. It increases urine output and promotes the removal of catarrhal matter and phlegm from the bronchial tubes.

Food Value	
Moisture	86.6%
Protein	1.2%
Fat	0.1%
Fibre	0.6%
Minerals	0.4%
Carbohydrate	11.1%
Calcium	47 mg%
Phosphorus	50 mg%
Iron	0.7 mg%
Carotene	15 mg%
Thiamine	0.08%
Riboflavin	0.01 mg%
Niacin	0.4 mg%
Calories	51

Respiratory disease

- Onion is said to possess expectorant properties. It li-



quifies phlegm and prevents its further formation. It has been used as a food remedy for centuries in **cold, cough, bronchitis and influenza.** Equal amounts of onion juice and honey should be mixed and three to four teaspoons of this mixture should be taken daily in these conditions, It is one of the safest preventive medicines against common cold during winter.

Tooth Disorders

- The latest research of Russian doctors has further confirmed the bactericidal properties of onion. According to these findings, if a person consumes one raw onion every day by thorough mastication, he will be protected from a host of tooth disorders.

- The Russian, Doctor B.P. Tohkin, who has contributed to this research, has expressed the opinion that chewing raw onion for three minutes is sufficient to kill all the germs in the mouth.

- Toothache is often allayed by placing a small piece of onion on the bad tooth or gum.

Heart Disease

- Recent researches in the West have established onion as an effective preventive against heart attack. Dr N.N. Gupta of K.G. Medical College, Lucknow in 1966, and a panel of doctors in England in 1968 have stated that onion has been found helpful and beneficial in diseases of the heart. According to them,

these benefits are due to the presence in onion of its essential oil, allypropyl disulphide, catechol, protocatechnic acid, thiopropiono aldehyde, thiocyanate, mineral and vitamins.

Sexual Debility

- Onion is the one of the most important of aphrodisiac foods. As an aphrodisiac, onion stands

second only to garlic. It increases libido and strengthens the reproductory organs. The white variety of onion should be peeled off, crushed and fried in pure butter.

- This mixture acts as an excellent aphrodisiac tonic if taken regularly with a spoon of honey on an empty stomach. The powder of black gram when dipped in the juice of onion for seven days and then dried, produces a mixture called kanji. This also acts as an aphrodisiac.

Skin Disorders

- Onion is irritating to the skin and stimulates the circulation of blood in the mucous membrane. Warts also sometimes disappear if rubbed with cut onions. Roasted or otherwise, onions are applied as a poultice to indolent boils, bruises and wounds, to relieve hearty sensation and bring the boils to maturity.

Cholera

- Onion is an effective remedy for cholera. About 30 gms of onion and seven black peppers should be finely pounded in a pestle and given to the patient of cholera. It allays thirst and restlessness and the patient feels better.

It also lessens vomiting and diarrhoea immediately. The addition of little sugar to the recipe will increase its effectiveness.

Urinary Disorders

Onions are beneficial in the treatment of urinary system disorders. For burning sensation in urine, six gms of onion should be boiled in 500 ml water. It should be removed

from the fire when half the water has evaporated.

- It should then be strained and given to the patient as a drink when cold. It will relieve the burning sensation in urine.
- Onion rubbed in water and mixed with 60 gms of sugar will be useful in retention of urine. It will bring about free urination within a short time.

Plague

- The British people were convinced of the miraculous properties of this magic bulb in 1664, when the great plague raged in London and killed thousands a day. When almost every house had somebody dying in it, the only places immune from the contagion were the onion and garlic shops.

Dropsy

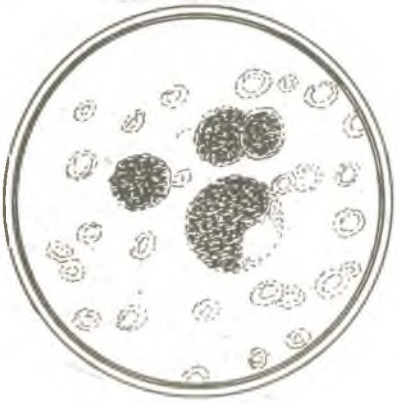
- In 1835, the onion and milk diet was advocated for dropsy. In 1869 a physician, Dr Trastown, used to give a milk and onion diet to his patients suffering from kidney diseases. In 1912, a French physician, Dr Dalache published a comprehensive article on onion cure.

- In this article he gave details of the several patients who were cured of dropsy or benefitted considerably by consuming onions in large quantities.

- Onion is said to have produced highly beneficial results on soldiers who suffered from dropsical conditions associated with diseases of the kidneys during the world war.

Anaemia

- Onions are noted for their



easily assimilable iron content. They are, therefore, beneficial in the treatment of anaemia.

Ear Disorders

- Onion juice dipped on cotton wool and put into the ear is a popular Russian remedy for noises in the ears. Dropped warm in the ear, it relieves earache.

How it is Used

- The onion can be used in innumerable ways. The immature and mature bulbs are eaten raw or they may be cooked and eaten as a vegetable.

- They are used in soups and sauces and for seasoning many foods. They may also be fried. Coated with Bengal gram flour (besan) and fried, the onion bhajiya makes an excellent snack.

- Small white leaf bases, before the bulbs are formed, are eaten raw, alone or in salads.

- These immature plants are known as green, bunching or spring onions. Onion oil, produced by steam distilla-

tion, is used to a limited extent for flavouring foods. Several parts of the plant have a traditional place in the folk medicines.

Precautions

The white onion is preferable to the red and yellow varieties. Onions should be taken with meals preferably raw, as fried or cooked onions are comparatively difficult to digest. For therapeutic purposes, it is advisable to use onion juice instead of the whole onion as it is an all round medicine. Onion, being stimulating and irritating food, its consumption in excess should be avoided.

Important: As onion has strong smell, the patients who are taking homoeopathic treatment should avoid onion and garlic.

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A few years back, hundreds of people died after consuming an ayurvedic medicine, "sura" in Delhi. A similar incident occurred in the "Chhaya Bar" at Bombay. In Gujarat, where there is the prohibition of alcohol, every year scores of people die after consuming adulterated alcohol.

Killer Alcohol

- *Alcohol can kill you in a number of ways. It can kill you financially; you may lose yours job or business due to alcohol. It can be disastrous for the entire family. It can cause cirrhosis of liver, heart attacks, cancer and an endless list of diseases.*
- *Hundreds of people are killed after consuming adulterated alcohol. What is this adulteration? How does it kill?*
- *Normally drinking alcohol is prepared from a mixture of fruits, vegetables or grains by a process of fermentation and later on it is distilled. This alcohol is ethyl alcohol*

(ethanol). Whisky, gin, and rum contain 40%-55% of ethyl alcohol in water.

- *There is a different type of alcohol prepared from wood, methyl alcohol (methanol). This alcohol is mainly used as spirit by doctors and nurses for cleaning wounds and skin as an antiseptic. Other industrial uses of methanol is in varnish and paint removers.*
- *Since this variety of methyl alcohol is cheap, it is used illegally to enhance the intoxicating effect of alcohol. It provides the kick much faster.*
- *To make money this poisonous spirit is used all over the country. The victims are poor and low middle class people who cannot afford expensive liquors.*

Important: *People who are addicted to alcohol sometimes find themselves in a situation where standard whisky is not available For example when you visits remote areas where only illicit booze is available, you should not consume unbranded alcohol just out of desperation. You never know, there may be methyl alcohol in it. Why take a chance? You can hang a person who is guilty, but what about the lives of your near and dear ones which are gone forever.*

- *Initially a person gets intoxicated with methyl alcohol, followed by severe abdominal pain lasting for a day and blurred vision often leads to incurable blindness.*

- *A person may go in to coma and one can die due to respiratory failure. As little as 10 ml of methyl alcohol can cause permanent blindness and approximately 100 ml can kill a person. Methyl alcohol is metabolized in the liver to formaldehyde which acts upon the retina of the eye to produce blindness.*

- *Formaldehyde is converted into formic acid which causes acidosis (coma). By measuring formic acid in the urine one can estimate the level of poisoning by methyl alcohol.*

- *Surprisingly, the life-saving treatment for methyl alcohol poisoning is to give regular whisky, that is ethyl alcohol. This is because ethyl alcohol competes with methyl alcohol in the liver. Therefore the harmful effects of methyl alcohol will be reduced.*

Small Things ...

Hard and Soft Butter

- *Butter, the most common food item for breakfast and mid-meals is stored in fridge. Whenever in hurry, the housewives tend to remove it from the fridge and use it.*
- *The hard butter does not spread uniformly and forms lumps too. As a result you consume more butter. Whereas when the butter is soft, it spreads uniformly and you can also apply a thin layer. Always remove the butter from the fridge an hour or two before serving.*

... Big Difference

Diet Probe

The Truth About Tomato Ketchup

What is an ideal accompanishment for French fries? Tomato ketchup, of course! Tomato sauce or tomato ketchup is no more served only with potato chips or sandwiches. Whether you serve pizzas, patties or samosas, tomato ketchup is a must.

- Does tomato ketchup contain all the goodness of tomatoes? The answer is 'No'. Do have a look at the bottle of tomato sauce and you will usually read the list of ingredients as 'tomatoes, sugar, salt, preservative, spices, onion and garlic.'
- That means, a tablespoon of tomato ketchup contains a lot of other things besides tomatoes, sugar and salt, which are bad for diseases like diabetes and high blood pressure which every third person suffers from. Many a time, colouring agents are added to the sauce to make it look bright.
- This practice is common amongst manufacturers who use other cheaper substitutes like white melon and papaya instead of tomatoes. The ketchup served at roadside sandwich

sellers is usually of this kind, because it is available at much cheaper rate.

- The quality and the hygiene maintained during manufacturing and bottling is certainly poor. Colouring agents used can cause allergy.
- Even if the best of tomato ketchup is used, you need to keep in the mind the fact that the tablespoon gives approximately 30 calories which are mainly derived from sugar. The goodness of tomatoes lies in their carotene (vitamin A), vitamin C and fibre content. During the manufacturing process, the tomatoes are subjected to high temperature so the vitamin content is affected.
- Secondly the fibre is also removed during the process of straining. So when you are consuming tomato ketchup you are actually consuming empty calories along with preservative.
- The basic food of people, residing in urban areas, is anyway rich in preservatives. So why not avoid adding extra preservatives in your body. Tomato ketchup falls under the categories of pickles which add nothing to the diet except additional calories, salt and sugar. Instead opt for coriander chutney or date chutney.
- The use of tomato ketchup is more common among youngsters who eat 'Fast Foods'. Once they see the bottle in the fridge, they are obviously tempted.
- Many a time they eat tomato sauce just for the heck of it. Therefore, it should be used only for occasions and parties. It should not be listed on the monthly grocery list.
- Since tomato sauce contains 'empty calories' it should be avoided by children who are obese. People with a history of allergies and asthma should keep the use of tomato ketchup to a minimum.

— Binita Desai

Small Things ...

Mosquitoes in flower vases

- *Life has become terrible due to mosquitoes. One cannot get good sleep without repellants and nets.*
- *Even in clean houses, there is a breeding place for mosquitoes.*
- *If you are keeping money plants in a flower vase, it may be a breeding ground for larvae of mosquitoes.*
- *Therefore the water in vases should be changed regularly and also lookout for stagnant water in and around your vicinity, to arrest the breeding of larva.*

... Big Difference

Calorie Count

A typical menu for a North Indian breakfast consists of 1 paratha with curds along with tea and coffee.

1 paratha is almost three times thicker than a roti and is usually made from 75 gms of flour.

1 paratha	= **225 calories**
Plus 2 teaspoon of oil	= **90 calories**
So total calories in one plain paratha	= **315 calories**
100 gms of curds (approx. 1/2 cup)	= **60 calories**
1 cup of tea or coffee with 2 teaspoons of sugar contain	= **approx. 55 calories**
So the total calories of the breakfast yields 315+60+50	= **425 calories**

If you want to cut down the calories, then the ideal way is to use a nonstick pan for the paratha, so no oil will be required and only the teaspoon of sugar should be added to tea or coffee. Then you will consume only.

225+60+30	= **315 calories**

Small Things ...

If you are fond of Non-Vegetarian Food

- *Experiments have proved that vegetarian food is much healthier than non-vegetarian food. But if at all you are fond of non- vegetarian food, it is better to be a fish-eater.*
- *Fish contains a fatty acid called Omega-3, which has preventive role in coronary artery disease. It reduces the chances of having heart attack. Plus Omega-3 also enhances your immunity to fight against infection. Fish eaters will get less heart disease than chicken and mutton eaters.*

... Big Difference

HOMOEOPATHIC

Remedy of the Month

Nux Vomica Excellent for Alcohol Hangover

- Most people who drink alcohol know what is to be done if they get a hangover the next morning. The common symptoms are headache, nausea and vomiting. Headaches can be severe and splitting. Often there is an urge to vomit and intense fatigue.

- Popular allopathic medicines used for hangover headaches are Aspirin and Paracetamol. But the problem is severe acidity.

- A person cannot withstand these pain killers, because of vomiting sensation. What to do? Either take injectable painkillers or switch over to homoepathy. Homoeopathic pills gets dissolved in the mouth itself and do not cause acidity.

- Nux Vomica is an excellent and time tested remedy for alcohol hangover. It relieves headache and nausea very fast. Normally 4 pills of 200 potency are recommended for instant relief. The dose can be repeated as and when required.

- If you are getting frequent hangover headache why not consult a homoeopath regarding the dose and potency of Nux Vomica.

AYURVEDA

How Ayurvedic Physicians Examine Patients

Vaidya Bhagwan Dash

(This feature is sponsored by Zandu Pharmaceuticals Ltd.)

Different methods of physical examination in Ayurveda are targetted to ascertain the dominance of excess of tridoshas in a person, that is, vayu, pitta and kapha. Based on excessive dominance of a particular dosha or a combination of dosha, the remedy is decided. For example there may be excess of vayu or pitta or there may be a combination of vayu and pitta or pitta and kapha.

- To ascertain the exact nature of the disease, the ayurvedic physician, for the most part, depends upon eight types of examination of the patient before prescribing any medicine. These are the examination of: **Pulse, urine, stool, tongue, voice, skin, eyes and physical features.**

- These examinations are conducted keeping in view the fundamental principles of ayurveda. Thus, they are entirely different from the examination of pulse etc., by the modern medical doctors.

Pulse Examination

- Ideally it should be carried out early in the morning when the patient is on an empty stomach. After bath, food and oil massage the pulse becomes erratic and does not indicate the correct condition of the patient. Similarly, a patient who is hungry and thirsty is not suitable for the purpose of pulse examination.

ZANDU
AGNITUNDI VATI
Bitter, Stomachic, Stimulant.
Useful in dyspepsia, indigestion, colic, lumbago. It stimulates bowels. Also useful as a general tonic in conditions of debility.

And now for the weather report.

Partly cloudy skies. Rise in humidity levels. Heavy rains or thunder-showers are likely to occur within the next few days. Blocked / runny noses predicted due to change in weather.

Weather changes can upset your body's natural balance. If this leaves you with a bad cold, reach for ayurvedic Trishun.

Trishun®
From Zandu

For change-of-weather colds.

You must have heard that in olden days the physicians used to diagnose most of the diseases by examination of pulse only. In modern science also pulse examination gives a lot of information about the general condition and cardiovascular diseases. Ayurvedacharyas used pulse examination as a main tool for diagnosing disease.

- Pulse examination is carried out on the radial artery. It is perceptible about half an inch below the thumb. **In case of males the pulse of the right hand and in the case of females that of the left hand is examined.**
- For this purpose the arm should be stretched properly and the hand should be kept in a slightly flexed position. Simultaneously, the fingers, including the thumb, should be in a stretched position. The physician should examine the pulse by the help of his right hand.
- Three fingers namely the index, the middle and the ring fingers are used for pulse examination.
- They are kept over the pulse, the index finger remaining near the thumb. Gentle and uniform pressure is applied through the tips of these fingers over the pulse and the pulsation of the artery is felt.
- The physician has to put pressure and release it repeatedly to correctly ascertain the exact finger on which the pulsation is felt more. If

ZANDU
SUDARSHAN CHURNA (BRIHAT)
Diaphoretic.
Dyspepsia, loss of appetite, fatigue and nausea.

the pulsation is felt over the **index finger then *vayu* is dominant** in the patient.

- **Feeling the pulse in the middle finger indicates the dominance of pitta and in the ring finger indicates aggravation of *kapha*** in the body of the patient.

- In ayurvedic texts there are many descriptions about pulse and its movements.

  For example: pulse moving like a snake or leech indicates dominance of *vayu.* If the pulse jumps like a crow, sparrow or frog - there is dominance of *pitta.* If the pulse moves like a monkey - there is dominance of *kapha.*

- For a lay person it is difficult to understand these movements. But one thing is for sure, that pulse examination in ayurveda is one of the major tools of examination.

- If the pulse is regular continuously for thirty times then the patient is sure to survive. When a person dies there are frequent interruptions in the pulse.

- Apart from what has been stated above, in ayurvedic texts, there is an elaborate description regarding the nature of the pulse in different diseases and this is very frequently used by the physicians as the means to probe the diseases.

Urine Examination

- For the examination of urine, it should be collected during the last quarter of the night. It should be stored in a glass container. The examination should, however, start after sunrise.

ZANDU
SUDARSHAN GHAN VATI
Each tablet is of 325 mgs. Composition; solid extract of Brihat Sudarshan Churna. Hence it is effective in small doses.

Urine examination in ayurveda is based more on physical characters and chemical tests in contrast to the modern system where more stress is on chemical and microscopic examination and in Ayurvedic texts there is a definite description about these tests.

- The urine that comes out in the beginning should be discarded and the remaining urine should be collected for examination.

- If there is a dominance of ***vayu*** **the urine becomes pale yellow** in colour. If there is dominance of ***kapha*** then the colour becomes **white and there is a lot of foam** in the urine. **Yellow or red colour** of the urine indicates the **dominance of *pitta*.**

Oil Test

- In a clean wide-mouth glass container collect a little urine and over the surface of the urine drop a few drops of oil through a dropper. If the oil spreads immediately then the patient is curable and if the oil drops spread slowly then the patient is difficult to cure.

- If the oil drops go down the urine then the patient is sure to die. If a patient suffers from indigestion then his urine looks like fresh lime juice or sandal wood paste.

- If a patient is suffering from a disease caused by indigestion, his urine looks like rice wash. If a patient suffers from acute fever, then the urine becomes

ZANDU
SUDARSHAN TABLET
Each tablet is of 650 mgs. Composition; same as Brihat Sudarshan Churna.

more in quantity and takes a cloudy colour.

- If the oil drops spread towards the east then the patient is likely to get cured of his ailment very soon.

- Spreading of the oil drops towards south is indicative of a patient's suffering from fever which will slowly disappear.

- If they spread towards north or west, the patient undoubtedly is free from any disease. If the oil spreads towards southeast direction and holes appear in the oil, then the patient is sure to die.

- In ayurvedic texts, there is an elaborate description about the diagnostic and prognostic value of urine examination.

Stool Examination

- If there is dominance of vayu then the stool becomes hard and dry. Yellow colour of the stool indicates the aggravation of *pitta* and white colour indicates predominance of *kapha.*

- When all the three dosas are aggravated then the stool carries three different colours. If *vayu* is aggravated then stool comes in pieces and it is rough, smoky and foamy.

- If a small portion of the stool is dropped over water and it sinks, then it indicates the presence of ama i.e. undigested or unmetabolised product in it.

- If it floats in water then it indicates that the stool is free from any such defect. Ayurvedic texts are replete with references to different colours.

ZANDU
KHADIRADI GUTI
Astringent, Expectorant and Sedative, Antiseptic.
Generally useful in treating diseases of the mouth, throat and stomatitis, removes bad breath, relieves toothache, cough and hoarseness of voice.

consistency, smell etc., of the stool in different diseased conditions.

Tongue

- When *vayu* is aggravated, the tongue is cold and rough to touch and cracks appear in it. Predominance of *pitta* is indicated by the red or blue colour of the tongue.

- If *kapha* is predominant then the tongue is white and exceedingly slimy. When all the three doshas are aggravated then the tongue is black in colour and there are thorny eruptions over it.

Voice

- If there is dominance of *kapha* then the voice becomes heavy. Clear and sharp voice indicates the dominance of *pitta*. Dry and hoarse voice is indicative of *vayu* dominance.

Touch (Skin)

- The skin is hot if the patient is suffering from a disease caused by *pitta*. If the disease is caused by *vata* then the skin is cold. The skin becomes moist and wet if there is dominance of *kapha*.

Eyes

- The eyes of a person suffering from diseases caused by *vayu* are dry and smoky. The patient always gets burning sensation inside the eyes.

- If he suffers from a disease caused by *pitta* then there is aversion to light and burning sensation inside the eyes. The eyes become yellow in colour in such cases. Dullness of eyes indicate the predominance of *kapha*.

THE
ZANDU
BALKADU
Bitter Tonic, Alterative, Stomachic.
Useful to children and infants for cough, indigestion of milk, diarrhoea, teething troubles etc.

- The eyes of such patients are usually moist and there are profuse tears. The conditions of the eyes are very significant to determine the prognosis of a disease.

Physical Features

- Patients dominated by *vayu* have mostly dry and cracked skin and hair. They do not like cold things and there is absence of patience, memory, intellect, effort and friendship in them. Such patients usually are talkative.

- Patients suffering from disease caused by *pitta* are exceedingly thirsty and hungry. Their skin becomes yellow in colour and hot. The palm of the hand, the sole of the feet and face carry a coppery colour.

- They are usually aggressive and egoistic, having less of hair and the hair is slightly reddish in colour.

- The patient suffering from diseases caused by *kapha* have compact joints, bones and muscles. They do not suffer from excess of thirst, hunger, grief and pain.

Conclusion

- To conclude, there is a definite rationale of the physical findings described in Ayurvedic texts and they are based on experience and observation of tens and thousands of patients of different diseases by ancient ayurvedacharyas. They may sound absurd to modern physicians who are trained in different systems of medicine.

House hold Tips

Leftover small pieces of soap usually go waste. Collect a few pieces and boil them in water. Add a little perfumed shampoo. This will make an excellent liquid soap for washing hands.

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Magneto Therapy

Magnetism The Universal Force

Dr. H.S. Bansal, Dr. R.L. Bansal

The body is essentially an electro-magnetic machine. Every single cell in the body is an electrical unit and consequently, has a magnetic field of its own. Scientists have discovered that magnetism is a universal phenomenon. Magnetism is one of the basic principles underlying all existence. Earth, sun, moon and the innumerable celestial bodies are in themselves grand magnets and each of them is enveloped in the magnetic field created by magnetic rays from it. This field extends to thousands of miles around it.

- Every planet, through its magnetism, exercises some influence in varying degrees on all the other planets. Our earth is directly influenced by sun, moon and other stars of our galaxy.

Magnetism in Earth

- Our earth being a huge natural magnet, the question arises as to what is the source of its magnetism. Sputnik III and other satellites have detected that earth's magnetic field can be detected to a distance of about 1,05,600 kilometres from its surface.
- This earth, with its north and south polarities and its magnetic lines of force, exercises a direct and deep impact on its children, the living beings.

Healing Touch

- Not only the earth but the human body and for that matter, even the tiniest atoms, are the magnets. This is why the health and vitality of all living things is so closely linked with the touch of bare earth.

- We all know that walking bare-footed on grass washes out all fatigue and gloom from our body and mind and we are in no time restored to normal stage. This happens due to earth's magnetism passing into us.

Sleeping Position

- When we go to bed with our head to the north and feet to the south, we facilitate the

easy flow of earth's magnetism through our body inducing a dreamless, restful sleep, It has been a religious custom among Hindus that a person nearing death is taken down from his cot and laid on floor in the same head-to-north feet-to-south posture.

- Again the earth's magnetic energy spontaneously flows through the body of the dying person, lessens his or her death pangs and lulls him to eternal sleep with less agony than otherwise.
- With our knowledge of earth's magnetism, we now understand that this age-long custom among Hindus has a sound scientific basis.
- It has been proved recently in experiments that if you sleep with your head to the east you have a more restful sleep than otherwise. This was another custom sanctioned by our ancients, namely, sleeping with the head towards the east.

Mud Bath

- In Naturopathy, when mud-plasters are applied to the affected parts of the body for the treatment of different ailments, the physicians are only utilizing earth's mag-

netism for curative purposes. The prevalent practice of mud-bathing amounts to the same thing.

Solar Magnetism

- The sun is a far larger natural magnet than our own planet. Its magnetic field is 100 times greater than that of the earth. Earth is indebted to the sun for everything it has, light and shade, day and night, seasons, vegetation, all types of life, fire, heat and according to one view, even its magnetism.

- Without the sun there would be no life on earth and it would be converted into a dark, barren planet. The sun exercises ceaseless influence on the earth through its magnetism and heat.

- It has been observed that whenever there is a change in the sun's magnetic field, magnetic storms rise on its surface and earth's magnetism gets modified. This change in the magnetic fields of sun and earth affects living creatures through their minds. It has also been detected that spots on the sun cause restlessness and other adverse effects on all life on earth.

Mr. Bali

I have observed many people taking Magneto therapy for years. They drink magnetised water for curing a number of ailments. I really do not know how far it is effective. When all other treatments have failed, there is no harm in trying magnetotherapy since it is free of side effects and it has a sound scientific background.

Importance of Moon

- Like the sun, the moon is also invariably linked with the

There are certain ailments, particularly mental, which get worse on full moon days. They are depressed and morose during full moon days.

It has been proved through experiments that minds and bodies are deeply influenced by the phases of the moon.

earth and life on earth. So many things and events in our life are affected and determined by moon and its dark and bright phases. The Hindu calendar and calendars in almost all ancient civilizations were set with reference to the moon.

- Menstrual periods of women are directly linked with the lunar calendar. It has been proved that fluids in our bodies flow with better ease during full moon days.

- Hence fasting on new moon or full moon days is not only religious but scientific in content and helps in maintaining an equilibrium of liquids in the body.

- It is also not without reason that observance of all ancient festivals throughout the world has been associated with the appearance of the moon.

- In Ayurveda, a number of medicines are required to absorb moon rays in the process of their preparation and some of them are administered on full moon days only. One of them is an asthma cure medicine which is taken on the Sharad Poornima night (falling in October) with kheer which is kept exposed to moon rays throughout the night.

Basis of Astrology

- Similarly the innumerable stars in our galaxy are huge magnets and are affecting our lives through their influence on our bodies and minds. Astrology is nothing but a study of the impact of magnetism of these planets on our

existence and this impact is considered to determine the direction of our destiny to a certain extent.

Human Magnetism

- A mention of the fact that not only the celestial bodies but even a single atom and thereby the living things on earth-plants, insects, animals and humans-are invested with magnetism and carry their magnetic fields, has already been made above. An elaboration on human magnetism seems essential for the subject in hand.

- Man is a tiny replica of the vast universe and possesses similar elements and qualities. As the innumerable planets in the vast universe are balanced and kept in their orbits by magnets, so the human structure is sustained by the same force.

- Man's body is enveloped in its magnetic fields which have been termed the astral body by the occultists. Man's inner nature, stages of his spiritual development and the state of his physical and mental health, i.e., the complete individual is represented in the constitution of invisible astral body or the magnetic field body.

- The occultists have developed the capacity to diagnose patient's ailments, read his character and even his destiny by perceiving and decoding his astral aura.

Attraction/Repulsion

- A feeling of strong attraction and repulsion for a particular person, even unknown to us, has often arisen in all of us. This is invariably caused by the magnetic field of the person concerned. Saints and spiritual men in all ages have exercised deep impact on the consciousness of people coming in their contact.

- Wherever Maharshi Raman sat, an atmosphere of peace

and tranquillity reigned and sucked off conflicts and evil thoughts from the minds of persons present within his orbit. This has been because the magnetic fields of such personalities become uncommonly purified, strengthened and enlarged.

- Instances of miracles by saints and prophets are found in all religious books. By mere touch they are said to have cured deadly diseases and have given life even to the dead.

- Their touch or just nearness has transformed the worst sinners and criminals and even the brute animals have become docile, giving up their violent nature. All this has become possible only through the effect of high velocity magnetism in these pious souls. But this is the spiritual aspect of magnetism, while magnetotherapy is more concerned with its physical aspect.

Electricity and Magnetism

- The mechanism of the human body is unique in its intricate complexity and no machinery. Not even the best computer devised by man, is able to compete with it. Like all man made machines, the human body is also run by electric impulses which are continuously generated within the body.

- During this process, magnetism is simultaneously produced, because electricity and magnetism are twin manifestations of the same basic energy and are closely linked in action.

- It has been proved that every living being essentially possesses some elements of electricity and some properties of associated magnetism from the beginning of life to its end.

- It has been found that an average adult size brain-the

control room of all physical ands mental activity-generates about 30 watts of electrical energy through its nerve cells, themselves tiny dynamos. In the same way heart, stomach, limbs, muscles etc. generate electricity needed for their working.

- The human body may be likened to an electrical battery and is capable of emanating electromagnetic waves at the rate of 80 million cycles per second. The human body is constantly discharging emanations representing electricity or magnetism. This is testified by the fact that a human being can act as an aerial by placing his hand on the aerial socket. If you put your hand on your transistor and place it in the north-south direction, its sound will become clearer and better.

- This effect is produced by the electricity and magnetism present in the body. Chemicals like carbon, nitrogen, oxygen, phosphorus, etc. found in the body and regularly replenished through the food we eat, are responsible for the generation of electricity.

- Whenever this generation of electricity falls lower than needed due to sickness or fasting or it becomes insufficient to cope with the physical or mental exertions forced on us on occasions, we feel exhausted and at moments even a breakdown occurs.

- Just like electricity, magnetism is ceaselessly being produced in the body due to the presence therein of potassium, sodium, chlorine ions and magnetic materials. All the organs of the body, brain, heart, nerves, muscles and tissues have been found to create their own magnetic fields of varying intensity.

- Scientists have devised ways and instruments for measuring the fluctuating magnetic

Like electricity the strongest magnetic field is created by the brain and that also during sleep. These magnetic fields are of fluctuating nature and change in form and content with the changes in the atmosphere within the body and the mind of a person. These changes are immediately reflected in the astral body, i.e. the magnetic field of he whole body.

fields of individual organs-heart, brain, lungs and muscles, etc. Peak value of magnetic field produced by heart is measured 10^7 gauss and that of mind is found the highest i.e. 3×10^8 gauss. Some muscles when flexed produce magnetic field of the value of 10^7 gauss. Such measurements carried out by magneto cardiogram and magneto-encephalogram can be used to investigate the condition of heart and mind.

- These methods based on magnetism are sure to go a long way in the diagnosis of different ailments in different organs in course of time.
- Thus the essence of magnetotherapy is the preservation of the balance of magnetic fields within the body. This is done with the help of man-made permanent magnets.

(Excerpts from "Magnetic Cure for Common Diseases" by Dr H L Bansal and Dr R L Bansal, published by Orient Paperbacks).

Household Tips

Nowadays the electricity fails quite often. One has to light a candle. If you place the candle light in front of a dressing table mirror, the brightness will double.

Exercise & Fitness

Exercise and Pregnancy

If you are used to taking regular exercise and provided you do not overdo it, there is no reason why you should not continue to participate in most sports until well into pregnancy, when your increasing size may make certain movements difficult or uncomfortable.

- However, activities that carry a risk of injury, such as horse-riding, skiing or mountaineering may not be advisable. It is also unwise to take up a strenuous physical activity for the first time during pregnancy.

- But gentle forms of exercise will increase your feeling of well-being and help to relieve minor aches and pains of pregnancy. Walking is a perfect way to exercise. With any form of exercise during pregnancy remember to take it gently and to stop as soon as you feel tired or breathless.

Some doctors feel that if a woman has a history of miscarriage or there are any complications she should not undertake any exercise in the first three months.

Yoga Series

Time, Place and Dress in Yoga

Yoga system of treatment is getting popular all over the world. It offers best treatment for stress related diseases which are on the rise. Yogis believe that disease is caused by misuse of body by a person himself and only he can rectify it.

- Very few people know suitability of time, place, body conditions and dress in yogic treatment. Here are a few important guidelines for those who want to take maximum benefit out of this wonderful system of healing.

Time

- Though the morning time, before breakfast, is regarded best for practising Yoga, one can do it also in the evening or at any other time, provided the stomach is empty and not heavy with food.

- The general principle is to give an interval of three to four hours after eating and then do Yoga. Also a gap of half an hour or so should be given after drinking water, tea or any juice. The body should be in a restful and normal condition at the time of practising Yoga.

- The individual should select a time which is convenient for his daily routine and should try to do Yoga at the same time every day. Practice for at least five to six days in a week should be enough to show improvement.

- Patients are advised to practise Yoga only once in twenty-four hours unless specifically told to do so more often.

Place

- Practise Yoga on the floor. Avoid the chowki or bed. Use a carpet, rug, blanket or mat on the floor. The place of practice should be neat, clean and well ventilated. There should be constant supply of fresh air.

- Windows should be kept open for cross-ventilation. During summer, a fan can be used. But during winter the draft of cold wind should be avoided. If the place is air- conditioned, made sure that there is sufficient supply of air.

Silence

- One should maintain silence while doing Yoga. Any conversation, mental activity and even listening to music should be avoided. Silence helps in preserving energy as well as in being attentive during practice.

Rest

- There are two types of rest in Yoga: (i) short rest and (ii) long rest. The short rest should be for about six to eight seconds only.
- This is taken in between two rounds of the asana or between one and the other asana. The short rest is completed by breathing twice at the completion of one round of a posture.
- The long rest comes at the end of all the asanas, pranayamas and other kriyas which one does at a stretch. The general principle is to devote one fourth of the actual practising time for this rest.
- For example, if one has done Yoga for twenty minutes, the rest at the end should be for five minutes.
- This rest is better done in Shava Asana. Those who cannot do Shava Asana should just lie down on the floor, keeping the eyes closed, body loose, breathing normal and concentrating the mind on any place of natural beauty such as a garden, park or hill side.
- In this simple method of resting there should be a feeling as if one is breathing the air of that chosen place and is relaxing by being mentally present there. After the rest is over, one should wait for three to five minutes before eating or doing any other routine work.

Dress

- There should be minimum clothes on the body while doing Yoga. Male practitioners can wear shorts, half-pants or pyjamas along with underwear (such as, langot or kachha). Ladies can wear either sari, slacks or stretch-pants with blouse. In winter, light woollen clothes may be used while doing Yoga.

For acidity if you have no antacid in the house, dissolve half teaspoonful of cooking powder (baking soda) in half a glass of water and add a few drops of lemon juice. This will bring you instant relief.

केवल हिन्दी पढ़ने वाले मित्र-संबंधियों के लिए

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Backache Series

Sneeze carefully if you have backache

- Some people are very explosive when they sneeze. They get relief because it removes the irritant from the nose. The common causes of sneezing are: virus infection, nasal allergy, strong smells, very spicy food and exposure to sunrays.
- From medical point of view, sneezing does flush out the nasal passages but puts great pressure on many abdominal muscles and organs.
- If you are suffering from backache due to prolapse of the Intervertebral disc (slip disc). Sneezing puts extra pressure on muscles supporting the spine.
- It may also lead to nerve compression and shooting pain in people suffering from slip disc.
- Sometimes, explosive sneezing may also pull a back muscle and healing may take

several days. You may have to take heat treatment and pills for days together for such a small reason.

- Now the question arises, what to do if one feels like sneezing? One way of preventing back injuries while sneezing is to put your hands on a table or a railing and bend forward. If no support is available nearby, support your hands on your knees and slightly bend your knees. This will reduce the strain on your back. Also, try not to exaggerate the act of sneezing.

Very often two glasses or katories get stuck to each other and it is difficult to separate them. Apply this scientific formula if this happens next time. Put cold water or ice cubes in upper glass and place the stuck glasses in hot water. They will separate easily without breaking.

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Water as Medicine

Ice Massage for Backache

- Most people are aware of the use of ice for sprains and swelling. Ice can also be put to use in cases of backache where muscles go into spasm.

- Application of ice causes narrowing of blood vessels which reduces any swelling. Ice also has a numbing effect in the area where it is applied. Nerves in the skin and muscles send pain signals to the brain at normal temperature.

- When ice is applied the local temperature falls and the activity of the local nerve endings decreases. Thus pain signals are not sent to the brain and the backache is temporarily relieved.

- As pain decreases, the muscular spasm also reduces. This makes the patient comfortable. Now, one problem often arises. How can ice be applied without freezing the fingers? Get hold of an ice- cream cup or paper

glass, fill it with water and leave it in the freezer for ice to form. Once the water in the cup is frozen, remove the cup of ice and tear a few new centimeters from the brim of the cup to expose the ice. Now it is easy to hold the cup and rub it on the affected area.

- Ice is applied in a circular motion. If the area is difficult to reach, someone else could do it for the patient. It is more fun for the person doing it.

Ginger-lime pickle in just one day

Take a few fresh peeled ginger, cut them into slices, add juice of 2-3 lemons and salt. Ginger pickle will turn pink and colourful. It is delicious to eat. Also it is an excellent medicine for indigestion and dyspepsia.

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Share the Secret

- Almost everyone is aware of the only health insurance policy available in the country i.e. MEDICLAIM. Mediclaim covers reimbursement of hospitalization expenses for certain diseases and injuries.
- We have received many complaints that the concerned insurance companies are not honouring their claims. On scanning the complaints we realized that most of the policyholders do not bother to find out what diseases are covered under Mediclaim and what are exempted.
- The general impression is that every illness consultation fees, medicine bills, blood tests and X-ray charges are reimbursed under Mediclaim.
- This shows that people are very casual at the time of taking the policy. Many of them do not bother to go through the brochures. They expect the agents to tell them everything. Normally, agents themselves would not bother to explain the finer details of the policy as they may lose a client.
- Surprisingly even most doctors are unaware about Mediclaim. This is because the scheme has not been properly publicized through the medical profession.
- Everyone must be aware that many common diseases are not covered under Mediclaim. Some of them are asthma, diabetes, hypertension, chronic kidney failure, bronchitis, influenza, epilepsy, diarrhoea, dysentery, arthritis, gout, rheumatism, psychiatric illness and AIDS.

- Even if the patient develops serious complication due to any of these, the claim will not be entertained.
- So then, what is the secret? To avoid disappointment make sure you understand each and every clause of the policy before signing. Ask the family doctor or a company representative about everything you want to know before taking a policy.
- Even though many diseases are not covered under Mediclaim, still it offers good benefits for many illnesses like accidents, injuries, heart attacks etc. With such a small premium of Rs 900- 1500/-, you will be able to claim as much as Rs 1.5 lacs.

Do you have any Experience to Tell?

Please share it with us and our readers. If suitable we will publish under this coloum of "Share the Secret." Write in not more than 250 words and send a black and white passport size photograph.

Annual Health Check-up

- Many diseases go on for months and years without giving any warning signals. Doing periodic health check-ups is the only way of detecting some of these illnesses in the early stages.
- Health check-ups can be undertaken at any private hospital, private laboratories or diagnostic centres. Government and Municipal hospitals do not undertake such check-ups as they are already burdened with their patient load. Health check-ups at major private hospitals are available as standard packages. Persons visiting these hospitals will have to undertake the full package and he/she will have no choice in selecting the tests.
- At small diagnostic centres and private laboratories such packages are available at slightly lower rates. Most of them will allow you or your doctor to select the tests required.

- In major cities like Bombay, Delhi, Madras and Calcutta, the entire package costs somewhere in between Rs 1000 and 1500 at a private hospital. This covers the complete body profile (heart, kidney, liver, diabetes, haemoglobin, cholesterol, chest X-ray and ECG). A Pap smear is also done to check for cancer of the cervix in women.
- *What about people who cannot afford such large sums every year?*
- They can consult their family doctor and work out a smaller package as follows:

1.	Complete blood count and ESR	Rs. 30/-
2.	Urine (routine examination)	Rs. 20/-
3.	Stool (routine examination)	Rs. 20/-
4.	ECG	Rs. 60-80/-
5.	Chest X-ray	Rs. 70-80/-
6.	Blood Sugar	Rs. 20-30/-
7.	Cholesterol Test	Rs. 40/-
8.	Creatinine (for kidneys)	Rs. 40/-
9.	SGPT (for liver)	Rs. 40/-
10.	Pap smear (for women)	Rs. 150/-

- Depending on the result of these investigations, your doctor may recommend additional tests, if necessary.

SEX & HEALTH

Nocturnal Emissions (Wet Dreams)

Nocturnal emission or wet dreams are such a common happening that 83% of men experience it at some time in their lives. The highest incidence is during the late teens.

- About 40% of women, at least once in their lives, also have sex dreams which end in a climax, but they are called nocturnal orgasms as they do not ejaculate.

- Nocturnal emissions are mainly a phenomenon of male adolescence. Usually a boy will start having wet dreams a year or more after other adolescent body changes have begun taking place. Wet dreams usually decrease in frequency during the twenties. In a few cases they continue till the 30s. Occasionally they may continue upto the age of 80.

- The modern explanation by William Masters and Virginia Johnson is that nocturnal emission simply provides a natural safety valve to relieve sexual tension. This is confirmed because only unmarried people get frequent wet dreams. After a man is happily married, wet dreams usually stop.

Myth

- Several myths associated with nocturnal emissions have been spread. One such myth is that wet dreams were caused by evil spirits. Such absurd explanations led to anxiety in young men. Moreover the loss of such precious fluid produced "weakness and lethargy" according to some of these youngsters. All this is incorrect.

Imaginative

- The more imaginative a person is, the greater the likelihood of getting wet dreams. This is probably because they are better at fantasizing.

- In our conservative society, many young boys do not speak about their wet dreams even to their doctor. Instead,

they will give vague complaints like weakness, tiredness, lack of interest in studies, loss of memory and irritability.

- In some cases the problem is brought to the doctor's notice by mothers who observe stained bedsheets. Usually family members do not discuss the matter among themselves. Even parents who have gone through these stages hesitate to discuss the solution. If the problem is properly explained to children, they will be free from undue tension.

Treatment

- There is no medical treatment in the popular system of medicine, because night emissions are considered as normal. Mostly youngsters go to unqualified sex practitioner who advertise in various papers and magazines. They project it as a serious disease.
- It is advisable to pass urine before going to bed. Sometimes a full bladder may cause stimulation and discharge.
- The only winner in this situation is the quack, or nearby 'hakims'. In order to sell their formulas, they cash in on the anxieties of the youngsters.
- Reassurance is the only treatment. Every youngster should understand that it is not an illness and not due to an evil spirit. It does not cause any loss of vitality.

Excerpts from Practical Encyclopedia of Sex and Health Published by Rajendra Publishing House, Worli, Bombay-18.

Household Tips

Leather and canvas shoes often get wet during the monsoon. If you want to dry them fast, stuff them with rolled newspapers and keep them aside for sometime. Replace the newspaper balls after a while till they are dry.

SEX & AIDS

AIDS in Homosexuals

Q. I am a homosexual for the past many years. I usually have a single partner. What are the chances of contracting AIDS?

D.I, Bombay

A. Having one partner does not mean that you will not have AIDS. How can you be sure about someone else. In anal intercourse the rectal mucous membrane is more prone to tears and abrasions as compared to the vagina. This creates a direct link with the blood stream. The chances of having AIDS are much higher in homosexuals. If possible try to avoid homosexuality. Otherwise, insist your partner wear a condom and while having oral sex, do not swallow the semen.

Anal Sex

Q. I had anal intercourse about a decade ago after which I had bleeding from the anal region. I have never consulted a doctor. What should I do? Is oral sex harmful?

T.Y. Unknown

A. If you have not had anal sex after the first encounter and if there is no bleeding now, you need not worry. Get yourself tested for AIDS if you are anxious. Oral sex is harmless if either partner is not suffering from any venereal disease or carrying the AIDS virus.

Small Organ

Q. One of my patients, a 40 year old man has a very small penis and testes. He is the father of 2 children and has no sex problem. Please advise.

Dr H.H. Tanna, GFAM, Mehsana

A. Since your patient has no sex problem and reproduction is normal, he needs no investigation or treatment.

Bleeding

Q. I am a 22-year old man married to a girl of 18. During our first intercourse she was in severe pain and sex remained incomplete. She also had bleeding from the vagina. Please advise.

V. Sharma, Deoria

COUNSELLING

A. What you have faced is not a rare occurrence. Bleeding from the vagina during the first intercourse is usually due to tearing of the tissue (hymen) covering the vaginal opening. Pain is also common during the first night because of inadequate lubrication, which will pass off in course of time. There is no need to take any treatment.

Testicle Injury

Q. I am 24 years old. Five years back I had an accident. As a result one of my testicles was removed. Will it affect my sex life? What effect it will have on reproduction?

K.K. New Delhi

A. One testicle is sufficient to secrete testosterone hormone to maintain one's virility. There should be no problem in producing children also. If you have any doubt, you can get your semen examined for sperm count.

Sperm Count

Q. I have read somewhere that high temperature reduces sperm production. What if a person takes hot water bath everyday for years together?

A.J. Kanpur

A. Taking warm water bath does not affect the sperm count. Warm water bath is taken for a very short duration. One can have warm water bath without any problem.

Safe Period

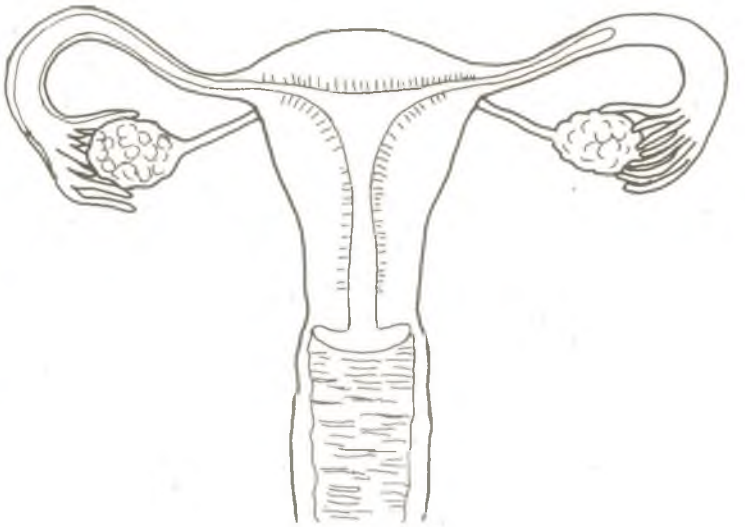
Q. If someone does not wish to use 'Nirodh' but the couple wants to avoid pregnancy, can you tell me which days are "safe" for intercourse?

P.J. Jamsheed, Bombay

A. We have already run a detailed article on 'Safe Period'. Anyway, remember that the safe period can be calculated only in women with regular menstrual cycles. If a woman has a 28 day cycle, then the 10th to 20th days are unsafe, if the start of periods is calculated as Day 1. Therefore, intercourse during the first 10 days and 18th to 28th days are less likely to result in pregnancy. However this method is not foolproof.

Birth Control Methods - III

Dr. Rajan T.D.



As with all other fields of medicine, birth control methods have kept pace with scientific developments. Oral pills were the most convenient of the contraceptive methods used by women. However, as with all other methods these pills had the drawback of being forgotten. Besides, illiterate women could not be relied upon to take pills according to the allotted schedule. Thus small devices were produced which could be introduced into the woman's body to prevent pregnancy. As these devices are introduced into the uterus, they are called Intrauterine Contraceptive Devices (IUCD or IUD).

Principle

- Several types of IUDs have been developed over the years. The most widely used type today is known as Copper-T. It is a T- shaped plastic and copper material which releases minute quantities of copper in the uterus.
- It prevents the woman's egg and the man's sperm from fertilization.
- The device is shaped in such a way that it snugly fits into the uterus. The lower limb of the 'T' has threads attached which comes out of the cervix.
- This thread helps the woman to check whether the IUD is in position.

Insertion

- The IUD should only be inserted by a doctor or a trained family planning worker. The procedure is relatively easy and carries hardly any risk. Temporary pain and bleeding may occasionally occur.

IUDs are generally harmless. However, the woman should visit a doctor immediately if:

1. She has fever and chills which do not settle with routine treatment.

2. There is abnormal pain or pain during intercourse.

3. She has abnormal discharge, spotting or bleeding.

4. Her periods are late as it may suggest pregnancy.

5. If the IUD strings appear to have shifted above or below. Or if the strings are missing. These may indicate that the IUD has shifted its position.

Advantages

- It is an effective method of birth control and the woman does not have to remember to take pills either before or after intercourse. Thus, IUD causes no botheration. It can also be used as a 'birth spacing method.' That is, to delay the birth of a second child after one is born.

Caution

- IUDs should not be inserted in a woman who has pelvic inflammatory disease or any form of sexually transmitted disease.

- If a woman has missed her periods, IUDs should not be inserted as she may be pregnant. Abnormal vaginal bleeding or genital cancers are other factors which prevent IUD insertion.

Disadvantages

- Like all other methods, IUDs are not without risks. Some women may notice spotting. Others may have painful, heavy menstrual periods. Cramps between periods are also known.

Complications

1. The IUD may slip out of the vagina.

2. There may be an infection of the reproductive tract. In rare cases, pelvic inflammatory disease may even lead to infertility.

3. Rarely the IUD may perforate the womb during insertion.

Important: Although the complications and risks of IUDs sound dangerous it must be remembered that these are extremely rare. There is no reason why one should not utilise such a method of contraception.

Household Tip

Cockroaches are very resistant pests. They can even enter the refrigerators and survive that low temperature. To stop them from coming into your fridge, dip a piece of cloth in vinegar and squeeze it. Wipe the whole fridge with it whenever you defrost.

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Vaginal Infections

The vagina is noramlly kept moist and clean by secretions from the tissue lining the vagina. Such secretions may be apparent as a thin whitish discharge from the vagina.

A discharge that looks abnormal, especially if it is accompanied by itching or burning around the vagina, or pain during intercourse, may be a sign of infection and needs medical attention.

What is a vaginal infection?

- The vagina normally contains large numbers of organisms (germs) called Lactobacillus (or acidophilus). Vaginal infections happen when other organisms grow and change the normal balance of organisms in the vagina.

- Most women have a vaginal infection now and then and many women have them often. You may have a vaginal infection if your normal vaginal discharge changes colour, becomes heavier or smells different or if you notice itching, burning, swelling or redness around the vagina.

What is a normal vaginal discharge?

- A normal discharge usually does not smell bad and is not accompanied by redness, swelling or itching of the vaginal area. Most vaginal discharges are normal. You may notice a vaginal discharge on your panties at some stages of your menstrual cycle. This discharge may be most noticeable at the middle of the cycle, which is close to the time of ovulation. Some women have a discharge on most days and some women must use sanitary pads because of the amount of discharge.

What are common causes of vaginal infections?

- The most common form of vaginal infection is called bacterial vaginosis. Women with this infection have a large number of organisms called Gardnerella vaginalis, as well as many other organisms, in their vagina.

- If you have this infection, you may notice a different smell that is strongest after sexual intercourse and perhaps an increased amount of thin vaginal discharge, which may be white or discoloured.

- A fungal infection or Candida vaginitis is another common type of vaginal infection. If

you have this kind of infection, you may notice larger amounts of thick, white discharge, or no discharge at all. Other common symptoms include itching, swelling, irritation or redness around the vaginal area.

- **Trichomonas vaginitis,** which is sometimes called "trick", is the third most frequent vaginal infection. Like bacterial vaginosis, this infection often causes an increased amount of discharge, which may be discoloured. Sometimes the discharge smells different. Itching may be present but is less likely than with a yeast infection.

How to determine the cause?

- It is very hard to know the cause of vaginal symptoms unless your doctor talks with you, does a pelvic examination and looks at any vaginal discharge through a microscope. If these steps are taken, a fairly accurate diagnosis can be made most of the time and the right medicine can be started. If the cause of the symptoms is still unclear, a sample of the vaginal discharge can be sent to a laboratory for testing to find out the right medicine to treat the infection.

Treatment

- The treatment for vaginal symptoms depends on the cause. Bacterial vaginosis is often treated with a prescription medicine called metronidazole (Flagyl, Metrogyl, Tini, Fasigyn). This medicine is taken by mouth. Sometimes it causes an upset stomach or nausea. If you drink alcohol while taking this drug, you may have nausea and vomiting.

- There are other medicines that may be taken by mouth for this infection, such as clindamycin and there are also vaginal creams or gels.

- A fungal infection is usually treated with creams or sup-

positories that are placed in the vagina. The length of treatment may vary from one to seven days.

- Some of these medicines are now available without prescription, such as miconazole (Monistat) and clotrimazole and you may use them when you know you have a fungal infection.

- If the infection doesn't get better or comes back soon, you should see your doctor to make sure of the diagnosis and treatment. When the infections are frequent or when they are hard to cure, your doctor may prescribe medicines to be taken by mouth.

- Trichomonas vaginitis is also treated with metronidazole, taken by orally. However, because this infection is often passed back and forth between sexual partners, your sexual partner also ought to take the medicine, to stop your infection from coming back.

Other Causes

- In about one of every three women with vaginal symptoms, the cause of the symptoms may be harder to find. Another type of infection, such as gonorrhea, chlamydia or herpes, may be present.

- Low hormone levels, related to menopause or an allergy may also cause vaginal symptoms. Sometimes no cause for the symptoms can be found.

- Even with medical treatment, some women keep having vaginal irritation or discharge. We still don't know all the causes of vaginal symptoms and scientists are still investigating. If you continue to have problems with vaginal symptoms, ask your doctor about new treatments.

Small Things ...

Children eat everything by the age of one

- *Another confusion in the minds of most mothers is when to start supplementary feeds.Supplementary feeds should be started gradually by 4-6 months. Each new food item should be introduced in the diet after every 4-5 days. Do not give many food items together because it will be difficult to know what the child is allergic to or which food suits your child.*
- *Start with cow's milk, rice kanji, fruit juices, dal soups, mashed potatoes, fruit pulps, khichdi, vegetable puree, boiled egg, curry of non-vegetarian foods, etc. In a nutshell, the child eats whatever the other family members have for meals by one year of age. Do not keep the child too long on a milk diet only.*

— Dr S.K. Shahid, MD, DNB

... Big Difference

Small Things ...

No water for 3-4 months

- *A mother who has recently delivered a baby invariably has a doubt about the child's feed.*
- *The major anxiety is about the adequacy of her breast milk whether to give water or not.*
- *The simple test is: if a child sleeps for 2-4 hours after feeds, passes urine at least six times in a day and is gaining weight at the specified rate, breast milk is considered to be sufficient. Water is not necessary in the initial 3-4 months, except if breast milk is insufficient and the weather is very hot in summer.*

— Dr S K Shahid, MD, DNB

... Big Difference

Irritable Bowel Syndrome

Dr. S. H. Kayamkhani M. D.
Gastroentrologist

A person who gets two-three stools in the morning, small quantity each time, maybe one or two times in the afternoon, may suffer from this disease. Most commonly it is labelled as chronic dysentery. A person frequently complains of pain in the tummy, mucous in the stool. He feels like passing stools frequently, and sometimes there is a feeling of incomplete evacuation. These are the symptoms of irritable bowel syndrome.

What is irritable bowel syndrome?

- Normally our intestines always keep moving in order to propel the food from one end of digestive tract to another. This is known as peristalsis. These movements are involuntary and under the control of our autonomic nervous system. There are special nerves which control these movement.
- Due to some functional disorder, the movement of intestines become exaggerated. They distort the intestines and cause them to move rapidly causing loose and frequent stools along with mucous. They also cause griping pain all over the tummy. In irritable bowel syndrome there is no structural defect in the intestines. Due to distorted movements a person may get

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incomplete evacuation of stools sometimes or constipation. In a nutshell, the nature of bowel becomes irritable and it behaves in an irrational manner.

- Irritable bowel syndrome is a most commonly encountered gastro intestinal disorder and the least understood. It causes discomfort to patients for years together. For doctors it is difficult to diagnose this disorder. The symptoms may mimic any disease of the abdominal organs.

- A series of investigations are required to rule out other diseases before one can label a person to be suffering from irritable bowel syndrome.

Very Common

- This disorder is ranked close to common cold as the leading cause of absenteism from work. At any given time upto 15% of general population have symptoms of irritable bowel syndrome.

- It affects all age groups, being less common in the elderly and the maximum incidence seems to be between the ages of 18 and 60.

Variety of symptoms

- Irritable bowel syndrome has great variation in symptoms in different individuals. Mostly the patients suffers from frequent stools with mucous, some may get constipation. There is another variation of alternating diarrhoea with constipation.

- The state of diarrhea is related to state of mind. When a person is disturbed or tense he gets loose stools. It is generally accompanied with pain in the abdomen all over. The stool may be soft, sticky and poorly formed. In constipation the stools may be hard and pellet like.

- The quantity of stool is small every time. A person has a feeling of incomplete evacuation. It seems that some stools

have been left inside. There may be a repeat desire to pass motion during the day time.

- In addition there may be excessive wind, bloating and flatulence. A person may feel relieved by passing wind or gas. There is excessive feeling of gas than the actual expansion. X-ray of the abdomen may show actual gas in the intestines.

Emotional Stress

- There are many factors which can aggravate the symptoms. Emotional stress is very well known factor. Whenever the mind is upset, the stomach is upset. Many doctors label it as a personality disorder. Invariably a psychiatrist's opinion is required in bad cases.
- If the mind is calm, the bowel will automatically come under

control. Other infections, cold and other illnesses can also worsen the symptoms.

Stimulant Foods

- Use of excessive tea, coffee, alcohol are known to aggravate irritable bowel. Foods rich in fibre like raw vegetables, fruits, salads are also less tolerated by such people. Spicy food makes them worse. The visits to the

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toilet are proportional to the amount of spices in the food.

Frequent Laxative

- Those patients of irritable bowel who have constipation, frequently use laxatives. This leads to diarrhoea and then a phase of constipation follows. Again they would take a laxative and the same story is repeated. Excessive dose of laxatives can cause cramps in the abdomen.

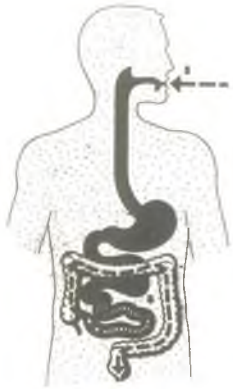
Gastrocolic Reflex

- There are many people who go to the toilet after every meal. This is due to this gastrocolic reflex. This means, whenever a person eats any food, the stomach (gastro) sends nerve signals to large intestines (colic) to pass stools.

- This principle is applicable when a person takes a cup of tea or coffee in the morning he feels like passing motion. This is the result of gastrocolic reflex. In a patient suffering from irritable bowel, this is a frequent observation.

Relationship with Amoebiasis

- Symptoms of irritable bowel syndrome and amoebiasis are



almost similar. We get amoebiasis through infected food, mostly by eating outside and at roadside stalls.

- Sometimes it becomes really difficult to make a diagnosis of amoebiasis and an irritable bowel.

- There is another school of thought that repeated infections of amoeba can make the large bowel irritable. The na-

ture of the bowel remains irritable even after the amoebic infection is eradicated. Other types of food poisoning can also make the bowel irritable for a long time.

- Usually persons with irritable bowel syndromes receive many courses of antiamoebic medicines many times in a year, sometime prescribed by doctors and taken by patients themselves at other times. Generally there is overuse of antiamoebic drugs. As the symptoms are so frequent it is not convenient for a patient to go for stool examination every time.

- Similarly, a number of courses of antiworm medicines are given to such patients without testing the stools.

Expensive Diagnosis

- There is no single test which can be done to prove the diagnosis of irritable bowel. Usually tests are done to rule out other diseases of abdomen. When all the tests are negative, then it is an irritable bowel. Sometimes it proves quite expensive to do all the tests.

- The first test which should always be done is stool examination. It will decide whether a person has amoebic or other infection.

- If there is no infection, the stool reports in a person suffering from irritable bowel shows a lot of mucous, undigested food particles and occasional pus cells.

- If a person has symptoms like irritable bowel and is losing weight along with fever, the possibility of tuberculosis of intestines is high.

- Another investigation which is very valuable in patient of irritable bowel is sigmoidoscopy. Here a thin tube is passed into the rectum and lower part of large intestine can be examined directly under powerful light source

attached at the tip of the endoscope.

- This test helps to differentiate ulcerative colitis and other infections from irritable bowel syndrome.

Relaxation

- Since irritable bowel syndrome is closely related to the temperament of a person, mental relaxation techniques like meditation and yoga are ideal to control the nerves. Do not be a perfectionist and try to adapt yourself to the surroundings.

Diet Control

- Those having constipation or passing less stools, should take high fibre diet. Fibre is found abundantly in fruits, vegetables etc. In addition to fibre, drinking 8-10 glasses of water will help to move the bowel properly.

- Natural fibre like Isabgol is very useful in relieving symptoms. The most important thing to remember is, one must drink 1-2 glasses of water after having Isabgol (Spogel seeds). This husk is available under various brand names like Naturolax, Igol, Isabgol, Nature Cure).

- You should avoid spicy food. Cut down alcohol and smoking. Those having diarrhoea type of irritable bowel, should cut down on fibre. They should avoid excessive intake of raw fruits and vegetables.

- Somehow natural fibre Isabgol helps to bind stool and it gives bulk to the stool. Instead of sticky, small quantity stools, you will get full formed stools. It also reduces mucous in the stools.

- Most important, you should get the stools examined from time to time to rule out amoebic infection, which is very common these days.

Small Things ...

First Five Years Are Most Important

- *Many doctors all over the world believe that impressions formed and stored in the subconscious mind of child during first five years are most important. They determine the personality of a person for the rest of life.*
- *The mind is like a computer and it shares all signals, sounds, emotions and expressions that it hears and visualizes.*
- *Parents should pay special attention to their children during these years of life.*

... Big Difference

Check Up

The Roles of Mantoux Test, in Diagnosis of TB

- The Mantoux test is a skin test which determines whether the body contains any TB germs. It is so called after Charles Mantoux who devised this test through the use of a syringe in 1908. It is a test which is better used to study TB in the community, rather than in the direct diagnosis of TB disease.
- A harmless laboratory preparation of the TB germ called **Tuberculin**, is used for the test. The test is performed by injecting a certain amount of **Tuberculin** into the skin on the front side of the forearm.
- The results of the test are possible only on the 2nd-4th day, so you have to report to the

clinic on the 2nd-4th day for a correct reading of the test (usually after 72 hours). The body's reaction to **Tuberculin** is the basis of the test and is indicated by a swelling/hardness/thickness appearing at the injection site.

- A negative test result is demonstrated by absence of swelling/hardness/thickening at the injection site. But this does not always mean that the TB germ is not present in your body.
- In people with a low defense capacity as in AIDS, Diabetes, Malnutrition, Measles, Malignancy, Steroid treatment, etc., the Mantoux test does not show a positive result although the person is suffering from TB.
- So one has to consider the Mantoux with caution i.e. interpretation with a proper clinical background.
- The swelling/hardness/thickening appearing at the injection site has to be of a certain size (usually 10mm) to determine whether the test is positive or not. The test indicates the the person is infected by the TB germ but does not prove that the person is suffering from TB disease.
- In TB infection, the body has had some contact with the TB germ in the recent past or contact with certain TB-like germs which are present in the environment.
- Remember! this need not be TB disease. However, in a young child less than 2 years, a positive Mantoux test is significant and indicates active TB disease even if the child may not show signs and symptoms of it.

Health Vocabulary

Medical Terms often Used

Half-life: A term used in pharmacology for the time the body takes to reduce the blood level of a medicine by half. Knowledge of the half-life of a medicine helps to determine the frequency of dosage.

Orphan Drug: A medicine that is effective for a rare condition, but that may not be marketed by a drug manufacturer because of small profit potential compared with the high costs of development and production.

OTC: The abbreviation for over-the-counter. OTC medicines can be bought from a chemist's shop without a prescription.

Pharmacist: A licensed, trained health professional (often called a "chemist") concerned with the preparation and dispensing of medicines. Pharmacists may advise on the correct use of non-prescription drugs and the use of prescribed medication.

Pharmacologist: A scientist concerned with the study of medicines and their actions. Pharmacologists are responsible for research into new drugs. Clinical pharmacologists are usually qualified doctors. They are primarily concerned with the actions of medicines in the treatment of specific disorders and with monitoring their effects on patients in clinical trials and in medical practice.

Pharmacopoeia: A publication, also known as a formulary, that lists and describes drugs used in medicine. The term pharmacopoeia usually refers to an official national publication such as the British Pharmacopoeia (BP). Used as a reference book by doctors and pharmacists, a pharmacopoeia describes sources, preparations, doses and tests that can be used to identify individual drugs and to determine their purity. It may also contain information about mechanisms of action, possible adverse effects, comments about the relative effectiveness and safety of a drug in treating a particular disor-

der and price comparisons between similar drugs.

Pharmacy: A term used to describe the practice of preparing drugs and making up prescriptions. It is also used to refer to the place where these activities are carried out.

Placebo: A "medicine", often in tablet or capsule form, that contains no medically active ingredient. Placebos are frequently used in clinical trials of new drugs. A doctor may sometimes administer a placebo because of the emotional or psychological uplift it may give to a patient who is convinced that his or her condition calls for some form of drug treatment.

Prescription: A written instruction from the doctor to the pharmacist, detailing the name of the drug to be dispensed, the dosage, how often it has to be taken and other instructions as necessary. A prescription is written and signed by a doctor and carries the name and address of the patient for whom the medicine is prescribed.

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History of Blood Transfusion

- Many experiments were done by a number of scientists regarding blood transfusion. First they used animal blood which failed. Then they injected blood from one person to another.
- The first successful transfusion was carried out by **Dr James Blundell in London in 1825.** At that time they did not have the knowledge of various blood groups. Accidentally if the blood of one person matched with other, it was a success, while others failed.
- The real breakthrough came in **1901** when **American pathologist Karl Landsteiner** discovered various blood groups and thus allowed the matching of the donor and the recipient.

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Do You Know?

1½ litres of saliva is secreted every day

- *Your mouth waters when you are hungry or see delicious food. This watery fluid is secreted by two pairs of salivary glands. Saliva is poured out continuously from these glands to keep your mouth wet, and is being swallowed unconsciously.*
- *It contains a very important enzyme called ptyalin which helps digestion of carbohydrates and is mixed with the food while chewing food.*
- *You will be surprised to know that in 24 hours more than 1 ½ litres saliva is secreted by the glands.*

Small Things ...

Right way of oil massage

- *Among most Indian communities an oil massage is a regular ritual. Some people even have a daily oil massage followed by a bath. Oil rubbed onto the skin keeps the skin soft and supple. Improper oil application can lead to recurrent infection of the hair follicles.*
- *Oil is usually massaged on the skin by rubbing the hand in the upward and downward directions. It must be remembered that hair on the forearms and legs usually lies at an angle. If oil is rubbed against the direction of the hair, oil is driven into the pores of the hair. Once oil blocks these openings, bacteria flourish and an infection is set up. This infection may be chronic with periods of relief and recurrences. Therefore, never apply oil with a to and fro motion of the hand. Rub oil only in a downward direction: along the direction of the hair.*

— *Dr. Rajan T.D., MD (Skin), DNB*

... Big Difference

Cosmetic Surgery of the Nose (Rhinoplasty)

Dr. Vijay Sharma

It is a common saying among beauty admirers "If the nose is right, the face is right". Corrective nasal surgery is one of the most popular procedures performed today. The operation is not only employed for repair of injuries and for those conditions of developmental nature that are essentially familial in origin but also for aesthetic perfection to achieve the desired nose.

The nose before surgery

The same after the operation

The shape of the nose is considered to be of the utmost importance. The new concept of beauty is that the nose should be straight or upturned, thin, in the midline of the face and not too long.

- It is impossible to calculate the amount of personal unhappiness people suffer because of a hooked, crooked, bulbous or overly long nose.

- It is not surprising, therefore, that many seek help from plastic surgeons and it is good to report that most people can greatly improve their appearance.

- Almost every nasal deformity can be corrected to a certain degree and most people are highly satisfied with their postoperative appearance.

- Unfortunately, a small group of people who have deep-seated frustrations, focus upon the nose and blame it for their lack of social success.

- These people need psychiatric help more than plastic surgery and it is wiser for them to seek such aid before undergoing a nasal operation.

- Cosmetic surgery of the nose can be applied to deformities present since birth or to acquired deformities caused by accidents.

- There is no set formula for plastic repair, each case demanding the individualized attention of the surgeon. Among the deformities that will respond to nasalplasty are:

1. Depression of the bridge and ridge of the nose, called saddle nose.

2. Protuberance of the ridge, called hump nose or hook nose.

3. Twisted nose.

4. Deformities of the tip of the nose or nostrils.

Procedure

- Before operating, it must be determined that there is no acute or chronic nose or sinus infection. Also, preoperative photographs of the patient's face and nose are taken.

- Occasionally plastic surgeons will make a plaster face mask to compare with the postoperative appearance. It is not usually possible, however, for the surgeon to accurately predict the ultimate effect of the repair.

- The operation is performed under local anesthesia. The in-

cisions are made within the nostrils so that no scar will be visible after surgery.

- The skin is scooped so as to separate it throughout the entire extent of the nose from the underlying cartilage and bone. Working under the loose and detached skin, the surgeon meticulously cuts away or files away excess bone and cartilage, thus reshaping the nose.

- Special instruments are used to cut off a hump, to remove part of the cartilage of the tip and to narrow the bridge. If the nose is twisted or a deviated septum is present, the mucous membrane lining of the septum is separated from its underlying cartilage and bone.

- Ridges, spurs and excess bone and cartilage are then removed from beneath these mucous membrane flaps. If there is a saddle nose with a marked defect, a carefully shaped cartilage or bone graft is taken and is inserted. Small defects can be filled in by taking some of the excess

Dr. R. Pasricha

One of the real dangers in embarking upon plastic operations of this type is that patients frequently develop a preconceived notion of what they will look like after surgery. They imagine a perfect nose and a beautiful or handsome face even when they lack other necessary equipment to attain such a state. It is important that they be cautioned not to expect the impossible and they must be told that a perfect cosmetic result cannot always be obtained.

While many patients want to see the final result immediately upon removal of the dressing, the presence of the early swelling can be misleading and premature judgements should not be made otherwise it could generate a state of emotional crisis or mild depression.

bone from the bridge and sliding it down so that it occupies the depressed region.

- At the conclusion of any of these operations, the surgeon has a fairly good picture of the end result. The portion of skin between the nostrils is sutured in such a way as to elevate the tip slightly above the desired final position. This is done to allow for the slight drooping of the tip that will follow contracture of the scar in the septum.

- A piece of gauze is placed over the nose and a splint is applied. This is kept in place for a few days to maintain the new shape and to make sure that the loosened skin becomes adherent again to the underlying bone and cartilage.

- Small gauze packs are inserted in the nostrils to control bleeding and to protect the operative field from dust and dirt.

Swelling

- There is relatively little pain from these operations. Patients should be advised that there will probably be marked swelling of the eyes and face with blue-black discoloration for several days after surgery.

- They should also be warned that after a nasalplasty considerable swelling (edema) and thickening of the tissues may persist for several weeks. The final judgement of the operative result should be withheld for three to four months.

Commonly asked Questions

Q.What is the ideal age for performing a nasalplasty?

A. 17 to 18 years of age. Prior to this age, the cartilage and bones of the nose may not yet be fully developed. There are few circumstances where being in a middle-to older age group disqualifies the patient as a candidate for surgery.

As previously noted, modified rhinoplasty procedures have become more desirable in association with face-lift surgery, to supplement overall results in achieving a more youthful appearance. Quite frequently the operation may be performed in middle age.

Q. Can a patient get an idea, before operation, of what his nose and face will look like after operation?

A. An approximate idea only. The judgement of final decisions is best planned by patient and surgeon both prior to the operation because drastic changes are not reasonable objectives and generally are not compatible with already existing bone and soft tissue contours. Nor are such corrections likely to harmonise with other facial features. The goal should be removal of major bone deviations or deformities and subtle refinements of cartilage and soft tissue contour.

Q. Can the surgeon shape the nose in accordance with the wishes of the patient?

A. To a limited extent only. The surgeon must take into consideration all the features of the face and must shape the nose so that it blends properly.

Q. How is a saddle nose built up?

A. A piece of cartilage or bone is grafted from the patient's own body or is supplied by a cartilage or bone bank. The graft

originates from the rib or hip-bone.

Q. Is there any scar on the nose after surgery?

A. While nasal surgery is usually performed through the inside of the nose without external incisions or noticeable residual scars, there are a few special circumstances that require external incisions, particularly at the base of the nose near the nasal fold. These incisions heal well and are more difficult to detect.

Q. Is nasalplasty a painful procedure?

A. No.

Q. What anesthesia is used?

A. The nasal procedure is often performed under combined local and sedative anesthesia.

Q. Is there much pain after the operation?

A. Discomfort is quite limited after the first twenty-four hours, but the swelling comes to its maximum in the first 72 hours while it normalises within 2-3 days. Some amount of residual swelling will last for a couple of weeks.

Q. How soon after surgery can one get out of bed?

A. The day after surgery.

Q. How long a hospital stay is necessary?

A. Two to four days.

Q. Is the nose bandaged after surgery?

A. Yes, for three to five days.

Q. How soon after surgery does one resume normal breathing through the nose?

A. Seven to ten days.

Q. Is there any special care of the nose after a plastic operation?

A. No.

Q. Is the sense of smell impaired by the operation?

A. No. In many of the patients some numbness and limited

swelling in the nasal tip areas will normally persist. It varies depending upon the exact nature of the surgical procedure. It is not conspicuous but can be detected by a feeling of tissue firmness for some time after surgery. Final settling and softening may take six to nine months, during which time all of the final contour changes take place. This is a gradual process that cannot be hurried.

Q. Is there a tendency for the nose to droop after surgery?

A. Yes, but this is expected and allowed for during the operation by overcorrection of the tip of the nose.

Q. Does a plastic nose change shape over a period of years?

A. No. The shape which is present four to five months after surgery will be the permanent shape.

Q. What percentage of people get a good result from plastic surgery of the nose?

A. Practically everyone.

Q. If the result is not satisfactory, can a plastic operation be done once again?

A. Yes. Revisions are usually successful.

Q. Why is reoperation occasionally necessary?

A. Because excessive scar tissue may form and produce defects which should be corrected.

Household Tip

If you want to use leftover small pieces of soap in the washing machine, do not put them directly into the water. They will stick to the clothes. Instead put them in old nylon stocking (socks) and leave them in the washing machine. The soap will dissolve without sticking to the clothes.

Prevent Cancer

Pap Smear
An Excellent Test For Cervical Cancer

- After breast cancer, cancer of the cervix is the most common cancer in women. Every year more than 70,000 new cases of cervical cancer are detected in India and the majority of them are detected at a stage when cure is impossible. This type of cancer is curable provided it is detected at an early stage. The only way to detect this cancer is by doing a 'Pap Smear' test.
- This test, first described by Dr George Papanicolaou in 1941, is based on the principle that cancer cells are continuously being shed from the surface lining of the cancerous cervix. These cells can be identified by a special staining technique described by Dr Papanicolaou. It later became popular as the Pap Smear.

Who should undergo Pap Smear?

- Pap Smear is ideally recommended to every sexually active woman who is over the age of 25-30 years. This test should be done every 3 years after the age of 45 and 5 yearly after the age of 65. Those who get married early and conceive early, should get Pap Smears done from the age of 20.
- Smears can also be taken during pregnancy but it is preferable to be performed 4 months after delivery.
- If the test reports in the previous year show even a few abnormal cells, it should be repeated every year. Patients who have genital warts should have annual smears until they are free from the disease or until smears have shown 'negative' results for 5 consecutive years.
- Ladies who smoke, are more prone to cervical cancer and hence should undergo early screening.

Who should do it?

- Pap smear is a simple test and can be carried out even by your family doctor if he/she is properly trained. Usually, it is done by a gynaecologist.
- This test is painless. The vagina is held open by an instrument called speculum and with the help of a spoon-like instrument (spatula) the cervix is scraped to get the material. The cells are spread on a glass slide and sent to a laboratory for staining and microscopic examination.
- If the smears show any abnormal cells, a piece of tissue is removed (biopsy) for confirmation of the diagnosis. If cancer is detected very early it can be completely cured. Hence the Pap Smear is a test of great value.

Beat Stress

If you can't change others, change yourself

- In day to day life several situations arise when things go beyond one's control or liking and produce unnecessary stress. For example, if your house is located next to a railway track or a factory where noise pollution disturbs you all the time.

- There is no point in getting irritated every now and then. Let us analyse the situation. You are not in a position to shift your residence and you certainly cannot shift the railway track or factory. Is it worth getting yourself worked up over a thing which is inevitable?

- What then is the solution? Compromise with the inevitable. Instead of getting irritated, ignore it or try to accept it as a part of your life till you can make an alternative arrangement.
- Similarly there are many other situations in life. It may be related to your family, job or business. Make a thorough assessment of the situation and make an attempt to rectify it.
- If you still think that the situation is not working the way you want, it is the time to evaluate the situation.
- If you cannot change others, try to change yourself. There is no point in secreting a lot of stress-related hormones.

MY DOCTOR
The Complete Family Health Magazine

Dear subscriber,
In case you have not received your copy of MY DOCTOR by post, kindly intimate us at your earliest.

Write to :

The Circulation Manager,
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Senior Citizens

Boredom and Loneliness in Elderly

Throughout our youth and middle age, we are always trying to work day and night so that "one can lead a peaceful life later on". Unfortunately, for most people the "later on" never arrives and the entire life is spent slogging.

- First the family has to be made secure. Then children have to be educated. Finally, they have to be provided suitable employment so that they can become independent. And just when you think that your responsibilities are over, you find yourself at the age of retirement.

- Retirement brings along with it loneliness and boredom. All of a sudden, the elderly man finds that he has plenty of time but very little to do. His children are too busy to spend their time with him. Or sometimes the generation gap itself

is disturbing. You no longer agree with the things your young son/daughter does.

Women too

- Women face other kinds of problems. The arrival of menopause may be signalled by bodily changes and irregular periods, hot flushes are quite disturbing when they occur frequently.

- After having menstrual periods for over 20-30 years, when they stop, a sense of anxiety grips the ageing woman. She begins to wonder whether this signals the end of her womanhood. All this can be overcome by determined action. Here are a few guidelines.

Keep Busy

- 'The idle mind is a devil's workshop'. Doing nothing is disastrous to the mind and brings on miseries. There are plenty of opportunities in this world to be of use to society. Identify situations and needs of your family and society. Doing small things for them keeps them happy and makes you busy. Consequently your joy will be multiplied.

Look Good

- The great majority of "oldies" are careless about their appearance. Inadequate personal hygiene, failure to shave daily, wearing ill fitting clothes and not replacing worn-out dentures or spectacles are some of the examples. Improving one's appearance by paying more attention to oneself helps in your interactions with others. They will have a better impression of you and your relationship with them will be much healthier.

Useful hands

- Use your hands at simple household tasks like cooking,

10 suggestions to keep you fit

* **Accompany youngsters for shopping.**
* **Buy vegetables / groceries for the family.**
* **Visit less fortunate friends or write to them.**
* **Help neighbourhood children with their studies.**
* **Organise social activities.**
* **Interact with old colleagues.**
* **Join clubs or libraries.**
* **Play games, read books or listen to music.**
* **Take up gardening.**
* **Undertake yoga or meditation.**

knitting, sewing, plumbing, carpentry, etc. Doing some such thing yourself will give you immense satisfaction and improve your self-image.

- Developing a hobby or interacting with colleagues and friends also help to relieve boredom. Try social work. Do anything but don't sit idle. With a little motivation anyone can overcome boredom.
- Old age is the time to take up activities that could not be done earlier on in life. Make full use of this long 'vacation' and you will start feeling young again.

SOHAM FOUNDATION, Baroda

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- Soham Foundation, a charitable trust is working in the field of Homoeopathy and Acupressure for 6 years. With the help of mobile units we are serving 40-50 villages around Vadodara (Baroda) treating about 400-500 patients every month.
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Matter of Life & Death

Electric Shock

In modern life the discoveries about the nature of electricity and subsequent development of electricity based appliances and equipment have led to accidental deaths by electric shock. This is becoming a fairly wide-spread phenomenon. Death caused by the passage of electricity through the body is known as electrocution.

- Every day we use electrical appliances like geysers, electric iron, toasters, grinders, water heaters etc. These days many people are dying of electric shock because of lack of knowledge about electrical fittings.

Never take a chance

- Some people are over enthusiastic about repairing live electrical wires and fittings themselves without taking the help of an electrician in order to show their extraordinary skill (which they do not possess).

- Many people just observe others doing repairs and think that they have learnt everything without having the basic knowledge. Such an experiment can be suicidal.

Effect on Human Body

- The severity of damage to the body depends upon the voltage and duration of contact with electrical current. Most often a slight unpleasant tin-

A.C. current more dangerous

The regular electricity used in houses and industry is AC (Alternating Current). The other form of electricity obtained from cells and batteries is DC (Direct Current). AC is 4 or 5 times more dangerous than DC.

Damage to human body by the passage of electric current depends on the voltage of the source. The usual voltage of electricity supplied to houses is 220-240 volts which is sufficient to kill anyone. Industrial machinery is run on 440 volts which is extremely dangerous.

gling sensation with a couple of muscle twitches makes one pull the hand away. This may be uneventful.

- High tension currents can penetrate the skin and give rise to severe burns. This is common in industrial mishaps. If electric current passes across the chest, the electrical activity of the heart may be disrupted leading to irregular beating of the heart or the heart may come to a complete standstill (cardiac arrest).
- Higher voltages can also cause respiratory failure. Immediately after a severe electrical shock, most patients become unconscious although their hearts continue to beat. Unless emergency resuscitation measures are adopted, the victim may die. Occasionally those who survive may become disoriented, violent and can have convulsions.

Emergency Care

- If the victim is still in contact with the electrical source,

never make the mistake of touching him directly or you too will be another victim!

- Switch off the power supply of either the nearest switch or the main switch. Take a dry wooden board or a rolled rubber sheet. Separate the live wire or the appliance from the victim. The rescuer should preferably wear rubber *chappals.*

- Usually there is very little time to take all these measures. Hence a block of wood or rubber sheet should be kept at a fixed place, so as to save time.

- Alternatively, a strong wooden stick can be used to shift the victim away from the source of electricity. Slide the wooden stick underneath the victim and using a lever action, push him away without touching.

- If at all you possess an axe **with a wooden handle,** you can chop the wire to disconnect the victim.

- Check the victim's pulse and observe his breathing. If he is not breathing start mouth-to-mouth respiration and continue to do so till the victim

starts breathing spontaneously. If his heart is not beating, start cardiac massage. After the victim starts breathing, make him lie down till the doctor arrives. Do not allow him to walk.

- You should know which is the nearest hospital in your locality. Do not waste time in going to a bigger hospital which is far away in such an emergency.

Safety Precautions

1. If you get a minor shock on touching a damp wall especially during monsoon, your household wiring needs to be thoroughly checked. Purchase electrical fittings bearing the ISI mark from standard shops.

2. Check the earthing of electrical appliances used in bathrooms and kitchen. Always use 3-pin plugs rather than the older 2-pin variety.

3. Keep all appliances in good condition. If you receive a minor shock, send the appliance for repairs immediately. Do not overload electrical circuits by running several appliances from one point.

4. Extension cords running over the floor may be dangerous, especially for toddlers.

5. Never leave electrical points near the floor open. Small children may be tempted to put pins and needles into these. Housewives can stick 'bindis' on the holes if small children are around.

6. Never touch any electrical

point/geyser while taking a

bath. Do not use any electrical equipment while standing on a wet surface or if your hands are wet.

7. Always wear rubber footwear or hand gloves while doing any electrical repair.

- Never touch any wire downed by the storm lying in the garden, compound or on the road. It may be carrying electricity and this could be fatal.
- If someone in the house knows about electrical safety precautions the other family members should be taught about the same. Small children should be repeatedly warned against handling electrical fittings till it is deeply registered in their minds.

Important: Many people have the habit of changing bulbs with the switch on. This should be strictly avoided.

Attention! Doctors!

"My Doctor" is a bridge between the medical profession and the common man. Our aim is to improve the basic awareness about health among the readers. Doctors from all systems of medicine are joining hands to fulfil this aim.

You are most welcome to join us. Those with a flair for writing may send details of their activities and interests to:

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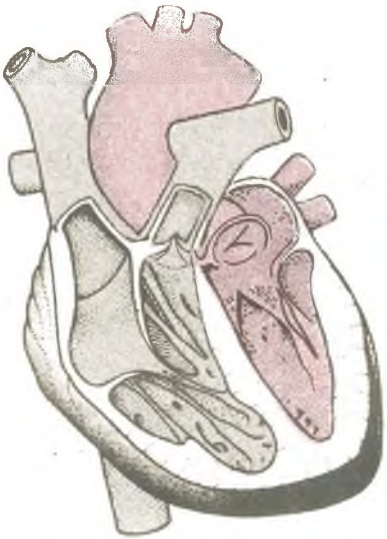
YOU & YOUR HEART

Heart Disease The Number One Killer



There is sufficient proof of the fact that diseases of the heart and blood vessels top the list of premature deaths all over the world. In India, for the last two decades the number of heart patients have multiplied by 3-4 times. Inspite of advances in medical research and utmost precaution in diet habits the incidence of heart disease is on the rise.

About 5%-10% of patients who develop attacks, die suddenly even before medical help reaches them. Even those who survive heart attacks, become restricted both physically and mentally. 80% of all sudden deaths are caused by a heart attack.

Dangerous Decade

- The maximum incidence of heart attack is between the age of 50 and 60. This is the dangerous decade! Nowadays the dangerous decade has shifted to 45-55 years.

- The heart attack comes at a time after a person has slogged and made money and it is the time to enjoy. This is also the period the family responsibilities are at the maximum.

Issued in public interest by:
Saffola
Healthy Hearts Club
Good for your heart.
For more inquiries on heart care please write to:
Saffola Healthy Hearts Club. Rang Sharda, Bandra Reclamation, Bombay-50.

Disease of the rich

- Heart attacks are common in the higher strata of society. Middle class individuals are also increasingly affected, probably because of the stress factor.

- Urban people are affected more often than rural. The obvious reason is due to the active life led by the rural folk as compared to the urban.

Multiple Factors

- Diseases of the heart occur not because of a single reason but it is the sum total of a number of factors like being overweight, excessive consumption of diet rich in animal fats, heavy smoking, lack of exercise, high blood pressure and diabetes.

- The condition of the heart depends on the number of above factors present in an individual. For example, a person who is fat, has high cholesterol level and diabetes and also smokes is a perfect candidate for heart disease.

- At the same time if another person is obese but other damaging factors do not exist, he may lead a healthy life.

- In contrast even a thin person can develop heart attack if he has a family background of heart disease and lives under stress.

- The earlier these factors are detected, the greater are the chances of preventing death due to heart disease. Today our advanced medical knowledge helps man to minimise this risk.

No Spare Parts

Many organs in the body like lungs, kidneys and eyes are available in pairs. If one is damaged, the person can survive on the other.

God has given us just one heart which is a vital organ because it supplies blood to all the organs. A few minutes of stoppage of the heart is sufficient to cause permanent damage to the brain cells and thus, death.

There are two groups of people in respect to heart disease. One group includes the ambitious individuals usually running their own business.

They have a very casual approach to identify the risk factors. The other group comprises of highly educated people who are very conscious about their habits and they would do everything to detect the disease at the earliest.

Heart disease is uncommon in poor people but it has been observed that most of them lead a carefree life; as they are unaware of the gravity of the situation.

This is the reason why many of them continue to smoke and drink inspite of suffering from heart disease.

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Women at lower risk

- Statistics have revealed that women get far fewer heart attacks then men. The reasons for this are many.
- Oestrogen (hormone) has a protective role against heart disease. Also woman can tolerate stress better than men. Besides there are few women who smoke and drink.

A Wonderful Machine

- Hats off to nature's excellent pump that works for years together without taking a break! One wonders how it manages to work without rest. It pumps 5-6 litres of blood into the blood vessels in one minute. In your lifetime the heart beats approximately 2500 million times.
- It is such a vital organ that it needs to be given due respect and heartfelt gratitude for its faithful services. All said and done, everyone of us should understand the value of the heart. The earliest changes in the heart should be identified so that they do not progress to a serious disease.
- Starting with this issue, we are introducing a series which will deal with all aspects of heart care.
- As this is an issue which is very close to *our* heart, we will be commencing a series of articles on the functioning and disease of the heart. We would be happy to have your comments.

If a man is fearless, is honest, has consideration for others, and is gifted with the growing grace of common sense, he is going to do fairly well.

— Theodore Roosevelt

Heart Talk

by Dr. Jagdish Gotur, M.D., Consultant Cardiologist

Q1. What is cholesterol ?
Ans. Cholesterol is a vital element of all body cells. It exists in blood in a protein coating. LDL or bad cholesterol has a higher coat of protein whereas HDL or high density lipoprotein has a thick protein coat. The LDL cholesterol attaches itself into the artery walls forming a plaque whereas the HDL carries the cholesterol through the blood stream. The plaque causes the arteries to block leading to a heart attack or stroke or even death.

Q2. I am a patient of angina. What precaution should I take to avoid a heart attack?
Ans. Remember "Four Es". Avoid excitement, too much exertion, exposure to cold and over eating.

Q3. I was told by my doctors that I suffer from bouts of irregular heartbeats. On testing, my blood potassium level was 5.9. Is this the cause for the condition.
Ans. Irregular heart beats correlate with a potassium level of less than 3.5 mg per litre. You have a potassium level of more than 5.5 mg per litre. This is commonly seen in kidney disease and sometimes with medicines. Kindly check your blood levels of BUN/serum creatinine, and if high, get yourself checked up by a kidney specialist. If you are taking a medicine like Ditide, you could stop the same after checking with your doctor.

Q4. I have high blood pressure. What is the safe limit of alcohol intake for me?
Ans. About two pegs of alcohol a day does not seem to affect blood pressure. This constitutes the safe limit.

Q5. I have been asked to avoid high salt foods. What are they?
Ans. Processed foods (canned soups), fast foods (pizza, hamburgers, french fries), ketchup, mustard, soya sauce, cheese (containing salt), salted peanuts and potato chips, salty or smoked meats, (bacon, salt pork, hot dog), licorice and baking soda.

Q6. I have been told I have high cholesterol. How can I reduce it ?
Ans. This can be done by simple diet modifications like substituting high fat with low fat and low cholesterol

food. This can also be done by maintaining a healthy weight by regular exercises. Food items which are lower in cholesterol and low in fat include fish, low fat milk, yoghurt, banana, whole wheat bread etc.

Q7. I had suffered from a heart attack two months ago. Can I have sex with my wife now?

Ans. It depends upon the severity of heart attack and the amount of recovery you have achieved. The rule of thumb is that if you can climb two flights of stairs without any discomfort it is safe to go ahead with your normal sex routine.

Q8. How many eggs can safely be given to children ?

Ans. To maintain a normal cholesterol level in the body it is recommended not to give more than three egg yolks per week to children.

Q9. Can aspirin prevent heart attack?

Ans. Aspirin in low dose prevents second heart attack is a well known fact. The trials have been on to find out the utility of aspirin in preventing first heart attack. Swedish trial has recently published in The Lancet where 75 mg of aspirin was given to patients with stable angina. There was 34% reduction in the development of heart attack or sudden death in these cases. This is for the first time that a trial has shown the benefits of aspirin in angina patients.

Q10. When should one have his first ECG done?

Anytime after the age of 40, one should have his baseline ECG done. This should be repeated annually.

Q11. My triglyceride levels are high (above 300) Is it risky?

Ans. Triglyceride are a form of fats that circulate in the blood. They are produced when the body converts excess calories or alcohol or sugar into fat. There is no study till date which proves that high levels of triglycerides could cause heart attacks.

Q12. Is lowering of cholesterol heart protective?

Ans. Heart attacks are directly linked to the level of cholesterol in the blood. Lowering the cholesterol levels markedly reduces the incidence of fatal heart attacks. For every 1 percent reduction in cholesterol the risk of heart attack decreases by 2 percent.

Send in your heart related queries to :

Saffola Healthy Hearts Club, c/o. **MARICO** Rang Sharda, Bandra Reclamation, Bombay-50.

This monthly feature is brought to you by

Saffola Healthy Hearts Club

You & Your Liver

The B – Type of Jaundice

- People know only one variety of jaundice that is infectious hepatitis which is most commonly seen and is spread through contaminated water and eatables. This is known as Hepatitis A.
- There is another type of Jaundice called Hepatitis B or Serum Hepatitis.

B-type of Jaundice

- There is one blood test which determines whether the Jaundice is of A variety or B. This is known as **Australia Antigen** (AA) test. It takes about 6 months for this test to become positive.

Injection and Needles

- General practitioners who are practising in poor localities, charge very little and they may use needles after boiling them over and again. While taking injections and during an emergency the patient may forget to ask about disposable syringes and needles. One of the members who is attending to the patient must enquire about the needles and syringes.
- Therefore whether you are taking an injection from your family doctor or going for a blood test, you must ask your doctor or laboratory technician whether or not they are using sterilized disposable needles.
- Another advice is to the patients who need to take injection quite often, such as like asthma patients and diabetics. Such patients must keep spare syringes and needles handy with them. The size and number of the needle can be inquired from your family doctor during routine visits.

This will minimise the risk of developing B-type of jaundice.

Blood Transfusion

- Another common cause of this type of jaundice is blood transfusion. Normally it is a routine practice in all the blood banks to do Australia antigen test before a transfusion. But if you want to be sure, you can ask the concerned officer in the hospital whether the blood has been screened for Australia antigen or not.

Tattooing

- Making tattoo marks in addition to AIDS can spread this type of jaundice. Tattooing used to be very common in the past. Usually it is done in smaller towns and is more prevalent among villagers. Some people do it out of fashion in the cities. Inscribing names on the hands, forearms and face is quite prevalent.
- It was alright in the past but with the threat of AIDS and jaundice, it should not be done at all. Moreover the tattoo makers are not qualified and the instrument is used over and again on many people. There are many chances of spreading the disease from one person to another.

Dental Treatments

- Another common source of infection is through contaminated dental instruments. All qualified dentists sterilize their instruments.
- But small-time dentists practising in smaller towns and under developed localities may not pay attention to this aspect of sterilization of instruments. So, it is worthwhile to know the qualifications of your dentist.

Conclusion

- The chances of getting cancer of the liver are much higher in a patient who has had B-type jaundice. Therefore, you should take care about all the factors described above which can cause B-type of jaundice.

Small Things ...

Never eat just to pass time

- *Eating is a favourite pastime of most youngsters. A family outing on a sunday is always accompanied by a luggage of sandwiches and samosas. When a couple go to watch a film, an ice cream is compulsory. When you are watching a gripping cricket match on television, popcorns must be in your mouth!*
- *Hundreds of calories are added to your body by munching snacks at odd hours. When your weighing scale rings an alarm, you begin to wonder how all that weight has accumulated in your body. Sometimes it is too late when the error is detected.*
- *Therefore, keep regular timings for meals and snacks and don't munch at leisure hours if you want to keep your weight under control.*

... Big Difference

Interesting Stories from the Medical Profession

Dr Praful Desai, recipient of the Padma Bhushan is the Director of Tata Memorial Centre, a prestigious cancer research institute, at Bombay. He has innumerable scientific publications (both national and international) to his credit. He relates the story of a child who was brought to him in 1970 for treatment of a large tumour.

One of my most memorable experiences was with a bright, alert male child of 10 years who was brought in with much care by his parents.

- The father carried him as if this was his last hope, his only possession, a symbol of his aspiration, too reluctant to part with. Rahul, I will call him. He was very weak and his eyes were sunken, yet bright; the breathing belaboured with spasms of pain and cough. The kid was sick and needed urgent help.
- Most investigations were completed outside as were available in 1970 - the X-rays, blood and urine. The child obviously had a large tumour in the left upper half of the lung filling the chest and pressing on the nerves and veins and eroding the ribs. By the normal parameters it was

most probably a nerve tumour arising within the chest but not in the lung, but obviously pressing and compromising lung functions.

Untreatable

- These tumours are not treatable with drug and radiotherapy. The only treatment was a major surgical operation with a severe risk due to the large tumour, poor condition of the child and invasion of the surrounding blood vessels, nerves and bones.

- Often the relatives do not understand the gravity of the situation. With modern techniques of medicine, success is often taken for granted.

- When we presented the facts to the parents — stark facts of an advanced cancer — poor general condition of the child and surgery as the only method available (and a risky one at that) for the salvage of their dream, the initial reaction was of total disbelief which culminated in a shock-like state after a while.

Last Straw

- How on earth can this happen to their child and if that was so, how utterly ridiculous that he cannot be restored to quick normal health without any risk, leave alone the high surgical risk to life that we explained. Devoid of any other alternative and clutching almost to the last straw of hope, they gave permission to go ahead.

Surgery

- Despite all the odds and risk, the team went into work on Rahul on a cool January morning in 1970. The chief of anaesthesia, tense but composed, slipped the anaesthesia tube in the trachea with great dexterity and skill.

- The heart rate was 160 - about twice the normal, almost a prohibitive rate for major surgery of any kind, leave

alone that within the chest; however, the young heart was beating strongly and we opened the chest; the moment of truth had arrived. There was the tumour, sitting atop the lung and closely adherent to the dome of the lung; large arteries and veins criss-crossing the tumour which was densely stuck to the chest cavity on all sides.

- About a pint of blood-stained fluid lay in the recesses of the chest cavity which was slowly siphoned out.

Test

- The Sister-in-charge collected the sample quietly and efficiently in a test tube for subsequent laboratory testing. Initial attempts to move the tumour — a test which conveys whether operation should be attempted or abandoned — were unsuccessful.

- It was as if a rock was deeply welded to the surrounding tissues. This one manouver often sets the scene of surgery; easy, relaxed and devoid of tension whether the offending cancerous tissue is removable or not; minutes and hour filled with tension, anxiety, concern and worry when the tumour appears fixed into the tissues.

- There is always an easy way out. To close the chest and pray to God and pronounce that this is it; the cancer is not removable, incurable, fatal. Two, four or six months.

- The life story is over before it begins. The easy way out. None to question your judgement. Surgeons and their assistants often peer over their masks and talk with each other with their eyes.

- In proceeding further making an attempt to remove the irremovable cancer - a few moments of deafening silence. "How is the child behaving?" I asked my anaesthetic colleague in control at the head end. "Worrisome, but stable. Are you going ahead?" he asked.

A quick mental introspection often seizes you. Young kid. A life ahead. The only hope and aspiration of his parents. A tumour of the nerves. Does not often spread elsewhere but is aggressive locally and destroys the surrounding tissue. A bloody operation. A risky undertaking.
A major bleeding catastrophe during surgery can snuff out the life in minutes, literally with blood on your hands. You are directly responsible.

- Retreat is so easy with no tarnish on your reputation which is so difficult to build and so easy to destroy within minutes, seconds. "Are you going ahead?" This question suddenly jolted me from my thoughts. Yes, I am. Please start blood. I expect a significant blood loss as the tumour is very vascular. Done. Orders went out.

- The blood bank alerted. The nurse in charge and the surgical team pumping their own adrenalin, set about their work. Three and half bloody and exhausting hours later, after a loss of nearly six bottles of blood, the tumour lay in the kidney tray. The lung which was collapsed due to the tumour sprang and expanded to its full, filling the whole chest.

- During the procedure, the tumour with two ribs was excised along with a part of the vertebra which was also eroded. A large raw area which formed the bed of the tumour continued to ooze and the major life sustaining blood vessels were all visible, only millimeters away from the tumour but out of harm's way.

Completed

- At completion of surgery, his heart beat was pounding away registering 80/90 beats, but regular and strong. Surgical and anaesthetic formalities were completed and Rahul returned to the recovery room

5 hours after he was wheeled into the operation theatre.

- In a moment of enlarged ego - all of us are human to a fault - I met the parents and related the story. I remember those faces well. Pale and ashen as if aged more than ten years in those 5 hours of a constant vigil outside the operation room, sending an unending message to the good Lord to spare their own flesh and blood - with hope, worry, anxiety, concern - all rolled into one.

- Their eyes were glimmering and moist, a moment of grief and happiness combined. It is difficult to describe the innermost feeling on both sides, theirs and ours. I could not manage a long conversation, not because of exhaustion and tension. ''Should be okay''.

Hope

- ''We were lucky to be able to remove the difficult tumour,'' I said shyly, ''but he is stable. Let us hope he does well.'' I mumble imperceptibly. I knew fully well that the initial battle was won, but the war was yet to begin.

- During recovery for any major post-operation, complications are a problem. Long term result, recurrence of tumour, life span ahead, the quality of life, any further treatment.

- A myriad questions, concerning the life and/or death of a young child. Answers which I knew I could not give, neither predict.

- After a remarkable recovery, Rahul kept on coming to the hospital for his regular check-ups.

Grown up

- Happily, though his tumour was frightening in appearance and took all the patience and skill of the operating team, it was quite benign under the microscope. The type of tumour which generally be-

haves well — does not spread once totally removed. When Rahul turned 16, five years after his surgery on one of his annual visits to the hospital, I asked him: "What are you planning to become when you grow up? He replied: "I am already grown up! I am about to join college. I would like to become a doctor. My parents are keen and so am I."

- It took me back to my own experience as to how parents can shape our life and make something out of us.
- Rahul grew into a normal, healthy teen-ager and adult, completed his post-graduate medical training and education and gives his professional expertise in our very city.
- Time flies. Twenty one years later, in 1991, on my office desk was an invitation marked "From Rahul S, M.D; D.G.O". The inauguration of yet another consulting room of a young gynaecologist.

Satisfaction

- These are moments of pride and satisfaction. I still very vividly recollect Rahul, a 10-year-old bundle of sickness and pain 23 years ago, in the lap of his father, looking at me with bright but sunken eyes.
- He has achieved what he set out to do in the life that he was destined to lead. For us a moment of truth, humility and pride. How nature can help the professional to fight for a life, despite seemingly hopeless odds!

If you are planning a vacation to a hill station, take care against sun burns, especially the fair skinned people. Intensity of ultraviolet rays is 20% higher on mountains than the plains. For every 1000 feet increase in height there is an increase of 4% in UV intensity. So better protect yourself, especially between 11 a.m. and 3 p.m.

Natural Beauty

Cosmetic value of *Amla*

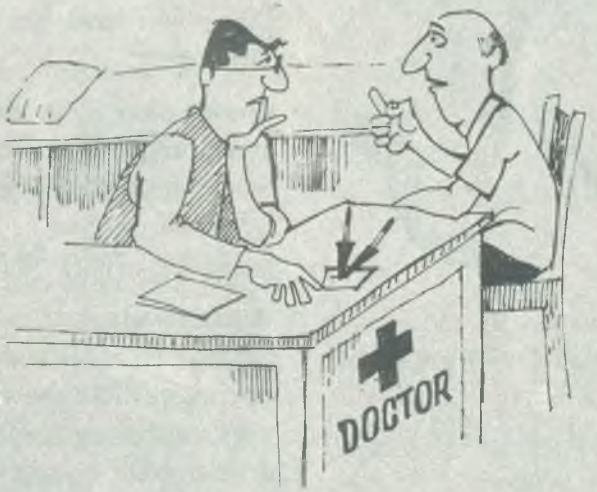
There is a wide range of fruits, vegetables, pulses, nuts,

seeds, honey, milk and natural foods which are of great cosmetic value. They have been tried to enhance beauty since ages and still are in use. Under this column each month we will cover one food product which can be beneficially used as beauty- aid.

- *Amla* (Indian Gooseberry) widely used in Ayurveda, the richest source of vitamin C is an accepted hair tonic in traditional recipes for enriching hair growth. Also it enhances the hair pigmentation and texture. The fruit is cut into pieces and dried, preferably in the shade.
- These pieces are boiled in coconut oil till they become like charred dust. This darkish oil is an excellent remedy to prevent greying of the hair.
- Alternatively dried *amla* pieces can be soaked in water overnight. This water is also very nourishing for those who do not want to apply oil frequently. This water can be used for the last rinse while washing hair. It is non-greasy.

Laughing Gas

Kalyanjibhai Shah, the veteran music director needs no introduction. He is well known for his excellent sense of humour. We are delighted to have him on our panel.Every month he will provide us with some reason to laugh.



An electrician did a repair job at a doctor's clinic and handed over a bill for Rs 300. Looking at the bill the doctor yelled "My goodness, even I don't earn Rs 300 in such a short time!"

"Yeah", replied the electrician, "Even I didn't earn when I used to practice medicine!"

SAFETY TIPS

Safety for Car Travellers

1. If your car develops an engine problem or gets punctured on the highway in a remote place, do not risk leaving your family (wife or children) to stay back in the car, while you go away to find a mechanic. In such a situation, it is always wise to lock the car and let them accompany you. Many incidents have been reported when the female members of the family along with children, were robbed and attacked by criminals.

2. If you are travelling in a lonely area where there is no house or crowd, never stop your car if somebody signals you, unless you are sure of the identity of the person or somebody is genuinely in trouble. They may be thieves.

HealthKwiz

1. How many fat soluble vitamins are there?

a. 5

b. 4

c. 3

2. Which of the following vitamins are water soluble:

a. Vitamin B complex and vitamin C

b. Vitamin A and vitamin D

c. Vitamin E and vitamin K

3. 1 gram of fat gives:

a. 9 calories

b. 10 calories

c. 4 calories

4. 1 gram of protein gives:

a. 5 calories

b. 6 calories

c. 4 calories

5. 1 gram of carbohydrate gives:

a. 7 calories

b. 4 calories

c. 9 calories

6. 1 gram of alcohol gives:

a. 9 calories

b. 4 calories

c. 7 calories

7. 1 teaspoon of oil gives approximately:

a. 45 calories

b. 65 calories

c. 55 calorie

8. 1 teaspoon of sugar gives approximately:

a. 25 calories

b. 20 calories

c. 15 calories

9. How many calories are required by sedentary males every day?

a. 2200

b. 2400

c. 2800

10. How many calories are required by sedentary females every day?

a. 2000

b. 2200

c. 2500

d. 2800

Prizes for this Quiz

First Prize
Maggi Mixer

Second Prize
Maggi Iron

Third Prize
'Self Medication' book

Results of July '94 Quiz

1	B	6	D
2	D	7	C
3	C	8	A
4	A	9	B
5	B	10	C

Rules

Each participant can send only one entry. If more than one all correct entries are received, the winner will be decided by a lucky draw. The winner's name will be published in the next issue and will also be informed by post. Your entries should reach us latest by 30th August, 1994.

Note: Doctors please do not send entries.

Send your entries to: **MY DOCTOR**
Lawrence Apartments. II,
Vidyanagari Marg, Kalina,
Santa Cruz (E), Bombay 400 098.

Quiz No. 15

Name _____

Address _____

Tick (✔) the Correct Entry

	a	b	c	d
1	☐	☐	☐	☐
2	☐	☐	☐	☐
3	☐	☐	☐	☐
4	☐	☐	☐	☐
5	☐	☐	☐	☐
6	☐	☐	☐	☐
7	☐	☐	☐	☐
8.	☐	☐	☐	☐
9	☐	☐	☐	☐
10	☐	☐	☐	☐

Winner of Quiz No. 14

First Prize

Debashish Dash, Orissa,
wins a Maggi Mixie

Second Prize

B. S. Suresh, Bombay,
wins a Maggi electric iron

Third Prize

B. K. Mohanty, Orissa,
wins one Self-Medication book

Congratulations, winners.
Prizes will be reaching you
by post shortly.

We are pleased to receive a large number of entries to Health Kwiz No. 14.

Here is the list of other participants who scored 10/10.

Anita Agarwal, Bombay
S. P. Mehta, Bombay
Rakesh Kumania, Delhi
Mrs. P. Das, Panvel
Mrs. P. R. Memon, Bombay
Anne Napoleon, Kalyan
Billa Madhavi, Orissa
Mamata Mohanty, Orissa
Millia B, Mangalore and
N. L. Kole, Solapur.

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Height/weight guide for men

Height*		Average Weight
Inches	cm.	In Kgs.
6'4''	193.0	78-86
6'3''	190.5	75-84
6'2''	188.0	74-82
6'1''	185.4	72-79
6'0''	182.9	70-77
5'11''	180.3	68-75
5'10''	177.8	66-73
5'9''	175.3	64-70
5'8''	172.7	63-69
5'7''	170.2	61-67
5'6''	167.6	59-65
5'5''	165.1	58-63
5'4''	162.6	56-62
5'3''	160.0	55-60
5'2''	157.5	54-59

*With shoes having 1-inch heels

Source: Boehringer Ingelheim, Ltd, Elmsford, N. Y. 10523
Adapted from Asian Health and Diet Plan, 1985.

Height/weight guide for women

Height*		Average Weight
Inches	Cms.	In Kgs.
6'0''	182.9	65-72
5'11''	180.3	64-70
5'10''	177.8	62-69
5'9''	175.3	60-67
5'8''	172.7	58-65
5'7''	170.2	56-63
5'6''	167.6	54-61
5'5''	165.1	53-59
5'4''	162.6	51-57
5'3''	160.0	50-55
5'2''	157.5	49-54
5'1''	154.9	47-53
5'0''	152.4	46-51
4'11''	149.8	44-50
4'10''	147.3	44-49

*With shoes having 2-inch heels

Note: For women between 18 and 25, subtract one pound for each year under 25.

Classified Classified Classified

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Finance Arranged for Doctors/Professionals/Busin-essmen from financial institution like Banks, leasing companies for cars, vehicles, computers, medical equipment, projects, machinery, housing (if possible) etc.
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Sion circle, Near Rupam Cinema, Bombay-22
Tel. : 409 2659, 407 5440

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We would be grateful if you send us neatly hand written letters. Since this makes our work much easier. Many letters we receive are illegible. You could even send us typewritten letters then we will be able to answer your queries much faster.

Gram Stain

What is meant by Gram-positive and Gram-negative becteria?

Dilip Trivedi, Bombay

Bacteria are classified into these two groups according to their staining properties. These groups also have different responses to antibiotics.

Black Teeth

How can a black spot on the teeth be removed permanently. Is Sensodent-K effective?

S.K. Dutta, West Bengal

Sensodent-K has no role in removing such stains from the teeth. Some specialised procedures can be undertaken by your dental surgeon to remove the spot.

Under-weight

I am 18 years old, 169 cms tall but I weigh barely 44 kgs. Kindly advise me on how to increase my weight.

Mubin, Bombay

If your weight has always been low, it may be constitutional. Get yourself thoroughly examined and investigated for any underlying illness.

Exercises and a good, nutritious diet might help you.

Chain Smokers

My father is a chain smoker and we

want him to get rid of this habit. He regularly reads 'My Doctor'. Please give details about smoking and explain how we should de-addict him from smoking.

Neeti, Delhi

We have already carried an article on smoking in My Doctor, October 1993 issue. Substituting smoking with some other habit like exercise may be of help. All that he needs is good motivation from a friend or family doctor. Nicotine patches have been applied on the skin of smokers to de-addict them but have achieved limited success. Mind control with yoga might help him.

Nail Biting

I have a very bad habit of biting nails since childhood. I have tried a lot to overcome this problem but in vain. My 10-year old niece and nephew also have the same habit. Please let me know the reasons for biting nails and how to overcome it.

N.Savadatti, Hubli

Nail biting is usually seen in over-protected, insecure children. It can be overcome by consciously avoiding the habit. Tell your close associates to remind you every time you bite your nails. Keep the nails sufficiently short. We will be publishing a detailed article on this subject shortly.

Exercise

I am 22 years old and was operated for some disease of the spine. I was treated with steroids and have gained weight from 47 kgs to 70 kgs. I am trying to do some exercises. Kindly suggest me diet precautions and exercises which will not hurt my spine. Due to the operation on the spine, my height is also reduced by 1/2". During my hospitalization days I used to wash my anal area with a cotton swab. Please let me know whether inserting the swab in the anal canal is harmful?

M.J., Vashi

Since you have undergone spine surgery you should not go in for any strenuous exercise. Brisk walking for an hour is very useful, if your surgeon permits. Avoiding sugar and oily food will go a long way in your weight-reduction programme. Repeated introduction of cotton swab in the anus can result in injury, infection and piles. Stop this habit.

Pimples

I am 14-years old and I have a lot of pimples. After consulting a dermatologist, I applied Eudyna and Erytop. Though I completed my one

month course, the pimples are returning. Secondly, there is a dark spot on my face, beside my lips.

Anamika, Bombay

Pimples are very common at your age and they are known to reappear and disappear. It may return just before the menses. Therefore you will have to take regular treatment.

The dark spot may have been left behind by pimples or it may be a mole. You will have to consult a dermatologist to confirm the diagnosis.

Sweat Problem

I sweat profusely even with a little walk or work. Due to this my shirts smell badly. Please suggest a remedy.

A. Mahishi, Bombay

Some people sweat profusely depending on their constitution. There is no definite cure in allopathy. You may try some homoeopathic remedy. Meanwhile taking bath twice daily and use of deodorant and antiperspirant sprays available in the market will be helpful.

Many Doubts

Kindly clarify my following doubts:

Is bubble gum harmful for the teeth and gums?

Is eating *paan masala* without tobacco harmful?

Does resting immediately after meals cause pot belly?

Is alum used as an after-shave antiseptic?

I. Jalian

Chewing gum helps to remove food material stuck between the teeth but the disadvantage is that lot of air is swallowed with the chewing action which causes accumulation of gas in the stomach.

Undoubtedly, paan masala can cause cancer even without tobacco.

You should not lie down immediately after having meals. There should be some gap before you go to bed.

Alum is a good antiseptic and is being used since ages.

Increase Weight

I am a 20-year old unmarried girl. I have lately become too thin, my eyes seem sunken and my complexion has become quite dark. Kindly suggest something to improve my complexion and increase my weight.

S.S. Bangalore

Loss of weight could be related to a number of reasons. Get your stool examined for worms and blood tested for diabetes. Have plenty of

fruits and vegetables. If you have any other symptoms consult a specialist.

Excessive Sleep

I am a 19-year old girl. I fall asleep at any time of the day - whether it is in the classroom, during exams, while watching TV or listening to music. I cannot even write the exams. Please suggest a remedy.

Soumya Shree, Bangalore

Excessive sleep during the day is caused by tiredness, anaemia or lack of sleep at night. If you are sleeping more than 6-8 hours everyday, you need to get your haemoglobin level checked. If this report is normal, you must get yourself investigated thoroughly by a specialist. Doing regular exercise and playing games help to reduce lethargy.

Weak and Tired

I started doing exercise since 15 days. I have no stamina at all. While jogging I get tired and feel as if I will faint. Please guide me.

P.Dwivedi, Orissa

You are the right candidate for doing exercises. In the beginning everyone finds it difficult. Start with simple exercises and gradually progress to tough ones. Do not get disheartened, you will soon overcome your tiredness. If you are above the age of 40, get your blood pressure and E.C.G. checked.

Warts and Freckles

I have warts or freckles on my cheeks as well as around the neck. Being just 18-years old, I am quite anxious in getting rid of this problem.

A.V. Singh, Madras

Warts can be easily removed by careful application of Trichloroacetic or Phenol by a specialist. Alternatively if warts are stubborn they can be burnt with electrocautery by a skin specialist.

Freckles are natural pigmented marks which appear in summer and disappear later. They need not be removed. Homoeopathic treatment is also effective for warts.

Thalassaemia

My brother's 9-year old daughter is suffering from Thalassaemia since the age of 3. She is taking blood transfusions every month.

Is there any curative medicine for Thalassaemia? Let me know more about Desferal which was mentioned in your column "In the News."

P. Nagasetty, Bangalore

There is no cure for Thalassaemia, as yet. For Major Thalassaemia,

repeated blood transfusion leads to excessive accumulation of iron in the body which can damage the liver and heart. Desferal is used to remove this excess load of iron.

The only point worth remembering is that two thalassaemics should not get married as the children would suffer very badly.

Multiple ailments

My 78-year old father is suffering from hypertension and other problems. He is on treatment with a host of drugs, including Isoniazide, Ethambutol, Nifedipine, Levodopa, Orphenadrine, Carbidopa etc.

Should he continue Orphenadrine, Levodopa and Carbidopa lifelong? Do these have side effects? Please advise.

Amit Gupta, Shillong

With so many medical problems which your father suffers, it would be difficult to arrive at any conclusion on the basis of your letter. It would be advisable to consult a specialist to take his advise. It is better to take a second opinion if your father is not getting relief from one specialist.

Elephantiasis

I am having a swelling on my right leg since last 30 years and at times it becomes very big. I have tried several medicines but all in vain. It appears to be Elephantiasis. Is Elephantasis curable and what are the medicines to be taken?

B. C., Bombay.

Elephantiasis is caused by inflammation of the lymph channels which carry fluid into the blood vessels. When this channel is blocked fluid accumulates in the leg leading to swelling. Occasionally there may be a sudden increase in the swelling followed by pain. A full course of tablets Hetrazan or Banocide should be taken for 21 days if the disease is active. The swelling subsides completely if Elephantiasis is not long-standing. Special surgical treatment may be necessary but the results are not very satisfying.

Unwanted Hair

I am a 22 year old girl. I have a lot of thick hair on my chin which is quite embarrassing. Is electrolysis effective? Where is it performed?

S. M., Bombay.

Electrolysis is an effective procedure for removal of unwanted hair if done by expert hands. The procedure is performed at beauty parlours or by skin specialists. Some municipal/government hospitals in Bombay city also do electrolysis. It requires several sessions as only a few hair are removed at a time.

In The News.....

Flesh-eating bacteria

A surgeon in Los Angeles has reported a case of infection by a bacteria that eats away at muscle and flesh and has already killed 11 people in England and infected three in Connecticut.

Thomas Chiu, said that he had to cut away part of a man's thigh because the disease known as necrotizing fascitis, caused by a virulent form of streptococcus bacterium, was spreading rapidly.

The Times of India

70 Kg tumor removed

A woman in Dallas, who was terrified of hospitals, kept delaying an operation to get her ovarian tumor removed. When her family finally persuaded her to undergo surgery, the tumor had grown to 156 pounds (70 kg).

Evelyn Geffers says she wants to learn to roller-skate with her grandchildren, now that doctors have reduced her weight by half by removing the growth. Geffers, 63, underwent surgery on May 25. She had the tumor for at least 15 years.

Indian Express

Hypnosis effective in kicking drug habit

Hypnosis, naturopathy, acupressure and astrology - these were amongst some of the novel methods of treatment thrown up at a seminar of the International Council of Alternative Medicines, held on the occasion of World Anti Drug Day. The seminar focussed not only on ways to fight the drug menace but also to provide an alternative drug-free system of treatment.

Hypnosis is also used to cure cigarette smoking, alcoholism, mental disorders and other personality related ailments. Fernandes called hypnosis subconscious counselling which has tremendous healing powers.

Indian Express

Important genes shrink cholesterol levels

In what is considered a revolution in medical history, researchers have succeeded in reducing high cholesterol levels in patients suffering from heart diseases by implanting human genes in their liver.

In the first such case, a 30 year old seamstress from Quebec city, who suffered a heart attack at the age of 16, was treated twelve years later by implanted genes in her liver and her cholesterol level fell dramatically and remained low since the treatment in 1992.

According to Dr James Wilson, though the woman still had a dangerously high cholesterol level, the gene therapy probably would prolong her life by years. "I feel much better in the sense that I can do more physical activity now, such as sking and dancing. I was limited before," said the woman.

Indian Express

Plan for inexpensive female condoms to combat AIDS

With the rapid spread of HIV infection and AIDS – according to the National AIDS Control Organisation there are over 13,448 HIV infections and 494 full blown AIDS cases in India – the need for developing effective physical barriers against sexual transmission of the human immunodeficiency virus have been recognized.

While in the first years of the AIDS epidemic, the HIV infection was found more in men, the projection of HIV/AIDS experts is that in the coming years women will outnumber men. The virus is transmitted from an infected man to a woman by the deposition of HIV infected seminal fluid into the mucous membrane lining the vaginal or anal passage.

While female condoms have been developed, the major barrier preventing its transfer from research labs into the market is its cost (around US $ 4 to 5), discomfort and inconvenience in use.

But according to Philip Hughes, people are already working in research institutions to reduce the cost of the female condom.

If the price could be drastically reduced through subsidy and further research made simple and convenient to use even by poor, illiterate women, it would be "a welcome substitute to the hormonal contraceptives which are hazardous to the woman's health and which the government is now pushing even without clinical trials".

Even when a viable female condom is marketed, it may empower only a certain percentage of women in protecting themselves against HIV infection.

Taaza Khabar

A unique male contraceptive

- *Dr S.K. Guha, a bio-engineer affiliated to the capital's All India Institute of Medical Sciences (AIIMS) has come up with a male contraceptive which is more efficient than the commonly-used condom and less complicated than the highly unpopular vasectomy.*
- *Putting to use the principles of electro-magnetics, Dr Guha has developed an injectable drug using a synthetic material, Styrene Maleic Anhydrite, as a near fool-proof method for males to exercise birth control. The negligible presence of this material, 140 mg to be precise, once implanted could last a lifetime. Conversely, it could be reversed as easily as it is implanted if the user wishes to father children in the future.*
- *Dr Guha's thesis is simple: the spermatozoa head is negatively charged and it is this that makes it crucial for piercing the positively-charged ovum. For an effective temporary loss of fertility, it is, therefore, crucial that the negative charge of the sperm be neutralized. And this is exactly what a small presence in the sperm duct of the non-toxic, non-irritant Styrene Maleic Anhydrite is able to achieve.*
- *Unlike a vasectomy, this male contraceptive method allows the sperms to pass out of the male reproductive system completely and, on the surface, there appears to be no difference in the experience prior to the use of the contraceptive. This research is the result of 22 years of hard work of Dr S K Guha. This male contraceptive is in the last stage of human trials and may soon hit the market.*

Source: The Times of India

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